

Be Inspired Every Day!

Woman's Weekly[®]

30 June 2015

This
Week's
Knit



*Fun Hello
Kitty
Cushion*

Be Seen, Be Heard
Be Yourself
How To Live
Your Best Life
Right Now!

**MELANIE
HILL** On Her
New Role In *Corrie*
'It's Thrilling
And Terrifying'



Finger-licking
Recipes
With British
Berries

Bags Of Style
24 To Choose
From



Easy
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Hello!

See And Be Seen

In the early years of my career, I spent a lot of time working freelance on predominantly short-term contracts. Fine and dandy when you were in work, not so hot when you were looking for more. At one particularly stagnant stage, I was lucky enough to get the chance to talk to a very successful and well-known media personality who I hoped would advise me how to go about getting that elusive permanent job. He asked me what I was currently doing and what my career ambitions were. I admitted I felt disheartened and left behind by people whose careers seemed to be steaming ahead of mine. I'm not sure what I expected him to say, but I can still remember the shock

I felt when, in the nicest but firmest way, he told me to stop whining, and pursue my career dreams in the fullest and most forceful fashion I could, tackling setbacks with resilience and determination. I can't say it made for comfortable listening, but it was the best counsel I've been given before or since. Sometimes you don't need gentle sympathy, but robust encouragement to give you the confidence you need. Which is exactly what the marvellous Bel Mooney offers to anyone who has, in her view, the frustrating temerity to feel they have become invisible because of their age. Read her heartfelt recommendations on page 14. Then go and buy yourself a red coat (that'll make sense when you read the feature).



*Diane Kenwood,
Editor*

Cover photo: Nicky Johnston/Camera Press



Required Reading

I loved the titles of these books in a second-hand bookshop I passed (the middle one is *Don't: A Manual Of Mistakes & Improprieties More Or Less Prevalent In Conduct And Speech*) and the one on the far right, *The Natural History Of The Flirt*.



A Peek At My Week

A Silver Star

Dame Esther Rantzen popped in to my office for 'A Cup Of Tea' chat.

You can see what we talked about (which included her wonderful new charity, The Silver Line) on our website, womansweekly.com.



Looking Cool

I'm not saying it's a chore modelling for our fashion features, but it was a bit chilly on the day we shot the fabulous bags on page 16! On the upside, the trousers fitted me better than any I've ever worn. I bought them on the spot. They're from Betty Barclay (020 8097 3016; bettybarclay.com) - do check out their excellent selection.



In Bloom

Peonies are one of my favourite flowers. I couldn't resist sharing how divinely blowsy these ones on my coffee table became.

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COOKERY BY NUMBERS

IT'S SO EASY

Cheesy Pesto Pasta

1 Cook pasta shapes in boiling water, following directions on pack, then drain well.

2 Add some cream cheese to the hot pan and melt, adding enough milk to give a coating consistency, then stir in 1-2tbsp green pesto and seasoning.

3 Return pasta to the pan and stir to coat in the sauce and serve.

✦ Got a burning cookery question? **A problem shared is a problem solved when you ask our perfectly seasoned kitchen team**



See How My Garden Grows

Susanne Griffiths from the village of Coopernook in New South Wales, Australia sent us this picture of her beautiful 100-year-old house's cottage garden.

✦ We're very jealous, Susanne - it looks fabulous! If you've got green fingers, why not show off your skills? Upload your photo at womansweekly.com/yourgardens

A Cup Of

Gyles Brandreth

How do you like your tea?

I like it strong, with milk, and no sugar. My weaknesses are scones or a KitKat on the side.

Who would you most like to have a cup of tea with?

Oscar Wilde. He was very amusing and highly intelligent, although I'm not sure he'd be keen on tea. Perhaps a glass of champagne?

Tell us about the idea behind your new book, *Word Play* and show, *Word Power*.

I love the English language. It's the richest in the world, with about 500,000 words in the

Weekly Come On In!

Lovely Thing

Summer Daze

We've fallen in love with these Art Deco-inspired prints and the way they depict nostalgic images of British summertime. They would look great displayed individually or as a set of three. A4 prints, £18.50 each (unframed), Snowden Flood (020 7401 8710; snowdenflood.com).



PAWS FOR THOUGHT



My goose, Yoshi loves a bit of dressing up! Here she is in her favourite hat.

Claire Phillips, Lisburn

✿ Got a pet pic that makes you smile?

We can give it a good home

Wicked Wit

'Don't watch the clock; do what it does. Keep going.'

Sam Levenson (1911-1980), US TV personality and writer

Facebook Feedback

What's the best meal you've ever eaten?

ANNE CAREY Mackerel on the Aran Islands, Ireland, in the summer of 1998. Stunningly fresh, with fabulous accompaniments. Never bettered, despite my best efforts!

EIMEAR BARRETT

Bacon, cabbage and mash with white sauce, cooked by my mum.

KIM BARRINGTON

SHAW Tea and toast after my first son was born.

LYNDA BOOTH My mum's homemade ravioli and Italian gravy sauce. No one can make it like she did.

Tea With

Oxford English Dictionary – that's compared to about 100,000 in French. My book is about puns, palindromes, word play and fun. The show examines the difference that words can make. If you can use language well, you can change your life.

You're also a keen Scrabble player?

I am. I was taught to play as a little boy by a gentleman who was 100 years old. He won every game using words that seemed obsolete to me. Of



course, they were current when he'd learnt them!

Do you have a favourite word?

Yex – it means 'hiccup'.

What fact about you would surprise us?

I collect teddy bears. I've got hundreds, including the original Sooty, Pudsey and Paddington. I've even got one called William Shakes-bear! He loves words as much as I do.

✿ **Word Play** (£14.99, Coronet)

is out on 27 August. **Word**

Power tours the UK in July and August. For more details, visit gylesbrandreth.net

'English is the richest language in the world'

Letter Of The Week

I was delighted to discover Della Galton's article 'Rewriting The Past' [21 April] with its inspirational tips on writing historical novels from three best-selling authors. I've recently spent some time researching my family history and, along the way, I've come across many situations that could form the plot for a novel. The advice to write about what you know, and to write regularly, has really inspired me. My stories would always feature a twist in the tale – and it's marvellous that you're offering workshops on this very subject!

Christine Poole, Hove, East Sussex

❖ We'd be happy for you to join us, Christine!
We love to hear from you so do get in touch if you have something to say



Where I Read Mine



Treating myself to a spot of reading in Dubai at a rooftop pool. In the background is the world's tallest building, the Burj Khalifa.
Helen Leach, Nottingham

❖ We'd love to see where you read your copy of *Woman's Weekly*.
The more exotic, the better!

This Is The Week To...

Enjoy ✓

A Barking Day Out

Tails will be wagging on 4 July at Battersea Dogs & Cats Home's Old Windsor site in Berkshire for its annual family fun day. Four-legged friends can take part in the fun, too, with competitions including Waggiest Tail and Dog Who Looks Most Like Their Owner. For details, call 0843 509 4444, or visit battersea.org.uk



Book ✓

Seven Brides For Seven Brothers

Step back into the golden age of the movie musical and enjoy this much-loved classic at London's spectacular Regent's Park Open Air Theatre. Featuring hits like *Bless Your Beautiful Hide* and *Wonderful Day*, the show runs from 16 July until 29 August. For details, call 0844 826 4242, or visit openairtheatre.com

Admire ✓

Jackson Pollock: Blind Spots

From 30 June until 18 October, the Tate Liverpool will be home to a selection of Pollock's iconic work. Visitors can journey through his career, from the famous 'drip' technique to lesser-known paintings and drawings. For details, call 0151 702 7400, or visit tate.org.uk/visit/tate-liverpool



A Great Exercise

Tone Your Legs And Bottom

Half Squat

Stand with your feet shoulder-width apart and your arms out in front, for balance. Keep your back straight as you bend your knees, lowering yourself as far as you can without leaning forward. Don't worry if you only go down a few inches – you'll still be working your leg muscles. Squeeze your bottom as you straighten your knees and come back up. Repeat 10 times.

GET IN TOUCH



We love letters

Woman's Weekly, 110 Southwark St, London SE1 0SU.
 PS. It really helps when you put your details in capitals

We do not return photos (apart from 'You Look Great!') so please do not send originals



Email us

Womansweeklypostbag@timeinc.com
 Tell us your full name, address and daytime phone number, please



Fancy a chat?

Log on to facebook.com/womansweekly
 We can't wait to hear from you!

Pick From The Past

Each week we bring you a snippet from one of our gorgeous archive issues

1954



See more tantalising recipes and age-old food tips in *The Woman's Weekly Keepsake Book Of Vintage Cooking*, on sale at newsagents now.



TIP
Don't let your knees go in front of your toes, as this will strain your knee joints.

Well done!

Important! All contributions to *Woman's Weekly* must be original and NOT duplicated to other publications. £25 will be paid to the writer of the 'Letter Of The Week', and the 'Good To Meet You' contributor will receive a gift or similar as stated at time of publication of contribution, for all rights in each letter printed. The Editor reserves the right to modify any letter. Time Inc. (UK) Ltd reserves the right to reuse any submission to *Woman's Weekly* in any format or medium, including social-networking sites. We regret that we cannot enter into personal correspondence. Photos of children under 18 must be accompanied by written permission of a parent/legal guardian. All details correct at time of going to press.

Words: Lucy Turner. Photos: Neil Mackenzie Matthews. Photographed at Bluewater, Kent.

Vivienne Austin, 52 Erith

Tell us about your look...

I like dresses but I always seem to wear trousers – they are just more practical. I used to wear a lot of black but I'm trying to wear a bit more colour these days. Today I'm wearing a New Look waistcoat over Dorothy Perkins trousers. I don't have a favourite store – I tend to shop all over the place.
And the best bit of your body? My hair.



Wendy Chapman, 61

Sidcup

Tell us about your look...

I'm drawn to things that are quite 'out there' – anything colourful and a bit different. I like wearing dresses as they feel more feminine. I bought this dress in M&S as I loved the colours. I also shop in John Lewis as you can find all the different brands under one roof.
And the best bit of your body? My eyes.

You Look Great!

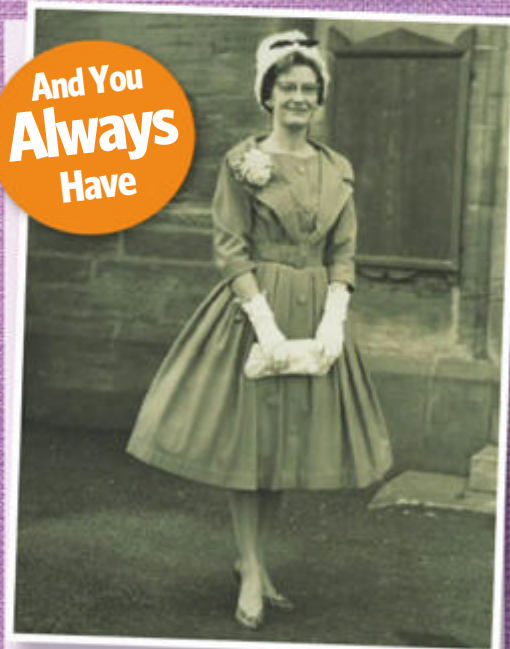
Julia Townsend, 47 Bexley

Tell us about your look...

I'd describe my style as smart casual. I wear a lot of jeans and leggings – I like to be comfortable. I'm wearing H&M jeans, a Primark kimono and shoes from Aldo today. I absolutely love shopping and can't pass a sale rail without having a little look!
And the best bit of your body? My feet.



And You Always Have



Muriel Clark, 1959

'This photo was taken at a friend's wedding in 1959. At the time the fashion was for hooped petticoats to give very full skirts – and emphasise small waists. This dress was blue wool and the hat was white fur with a black velvet bow. Why fur? It was November in Scotland!'

We'd love to see how great you looked – in any era up to and including the 1980s. Please send a good-quality photo with your name, address and daytime phone number clearly written on the back, to: Fashion Dept, *Woman's Weekly*, Blue Fin Building, 110 Southwark St, London SE1 0SU. Photos will be returned.

'This Is I Was M

Melanie Hill has been a regular
but walking along *Coronation Str*



Melanie Hill has a tricky task on her hands – she's joining the *Coronation Street* cast and her character, widow Cathy Matthews, has the job of making Roy Cropper happy again. The much-loved *Corrie* cafe owner [David Neilson] was left heartbroken after losing the love of his life, Hayley [Julie Hesmondhalgh] to pancreatic cancer. It's a role that doesn't come without its challenges, but judging by the enormous grin on her face when we meet, it seems she's more than up for it.

'I'd never attempt to fill Hayley's shoes,' says 53-year-old Melanie. She admits she's worried about the wrath of *Corrie* fans who adored Roy's late wife. They may not be happy if they think Melanie's there as a replacement. As it stands, Roy and Cathy are just friends. 'They're two lost souls who are lonely and helping each other through their grief,' she says. But who knows what will happen.

Her introduction has gone well so far. With Melanie's talent

Where eant To Be'

on our TV screens for over 25 years,
reet's cobbles is her dream come true

and evident passion for the soap, it's clear Roy couldn't be in safer hands, and she's already got an important stamp of approval. Julie Hesmondhalgh herself recently tweeted: 'I couldn't wish for a better new companion for Roy. Hayley would approve.'

Melanie – who trained at RADA – has been a fixture on our screens since she donned the miniskirt and heels of Aveline Boswell in the sitcom *Bread*. Hits such as *Crocodile Shoes*, *Playing The Field*, *The Bill*, *Waterloo Road* and, most recently, *The Syndicate* followed, as did the films *Brassed Off* and *Stardust*.

Yet, even with that impressive CV, *Coronation Street* is the job she's always wanted. She'd even go so far as to say it's a lifelong ambition. On the show this week, we learn more about her soap alter ego, as a secret Cathy has been hiding is finally revealed.

Here, Melanie – who lives with partner Jimmy and her two daughters with ex-husband Sean Bean, Molly and Lorna – tells us what *Corrie* means to her.

How big a Corrie fan are you?

Growing up, it was always on in my house. As a northerner myself, they're my people. I've been in London since 1981, but I still feel that the North is where I belong. My kids aren't like that, which is quite sad to me – they've grown up in London. But even now, when I see the *Angel Of The North*, I feel emotional. They say, 'Don't be so stupid!'

Are your family and friends excited about your role?

Oh, yes. It's not just my family who've always watched *Corrie* – it's the families of everyone I know. They're all ringing my mother up to ask about it – she thinks it's the best thing that's ever happened to her. My dad thinks it, too, which is lovely. I'm proud that they're proud.

How was your first day on set?

It was absolutely terrifying! *Coronation Street* is iconic. You can't believe you're there, looking at all the characters you feel you know so well, some of whom have been in your living room all your life. It was thrilling. Roy's my favourite character and David Neilson is such a fantastic actor. When I got over the nerves and went out on to the Street, I felt so happy and settled. I knew I was where I was meant to be... Cathy's come home.

It sounds like you'd like to stay for some time.

I would. I'd like to be there with my Zimmer frame!

How did you prepare for the part?

Cathy's a widow, so I had to think about that sense of loss and learn how to carry it with me. Fortunately, I haven't lost a partner, but I know about isolation. That feeling of being on your own can make you very anxious. Cathy's ditz and nervous. Her husband ran the house, looked after her and she

now has to cope with everything. It's all a bit much.

Do the emotional scenes affect you?

Usually, I can shake it off fairly well, but it has really got to me in the past. When I first left RADA, I did a play called *Deathtrap*. My character was meant to have a heart attack. After four shows, I started having pins and needles up my arm and chest pains – I was convinced I was going to have one. I had to keep telling myself: 'It's only a job.'

Cathy behaves quite erratically. She's clearly hiding something.

She does have a massive secret that she doesn't want Roy to find out about. It'll be interesting when things come to light.

Your character meets Roy while you're both working on your allotments. Are you much of a gardener?

I do enjoy a spot of gardening. I love the idea of an allotment, but I'd never have time.

How else do you spend your spare time?

I love a curry, the football and trips to my local pub. I support Sunderland AFC and go to watch matches as often as I can.

Which programme do you get recognised from the most?

Believe it or not, *Bread*. Having said that, it's *Waterloo Road* with kids.

Is there anyone you've always wanted to work with?

My ultimate heroine is Barbra Streisand, but it's not like I'm ever going to get near her! She's brilliant. Growing up, she was one of my idols.

The Changing Faces of Melanie Hill

Aveline Boswell in *Bread* (1989-1991)

A wannabe model, dizzy Aveline was the only daughter in the working-class Liverpoolian family in Carla Lane's hit sitcom.



Rita Dolan in *Playing The Field* (1998-2002)

Passionate footballer and loyal friend, Rita was a

long-standing star of the Castlefield Blues in Kay Mellor's drama.



Marie Carver in *The Bill* (2003-4)

The violent, alcoholic wife of detective Jim Carver, Marie was, frankly, terrifying after a drink or eight.



Avril Kent in *Emmerdale* (2005)

As the colourfully dressed girlfriend of Bob Hope, she bore more than a passing resemblance to his ex-wife Viv.



Big Cilla in *Cilla* (2014)

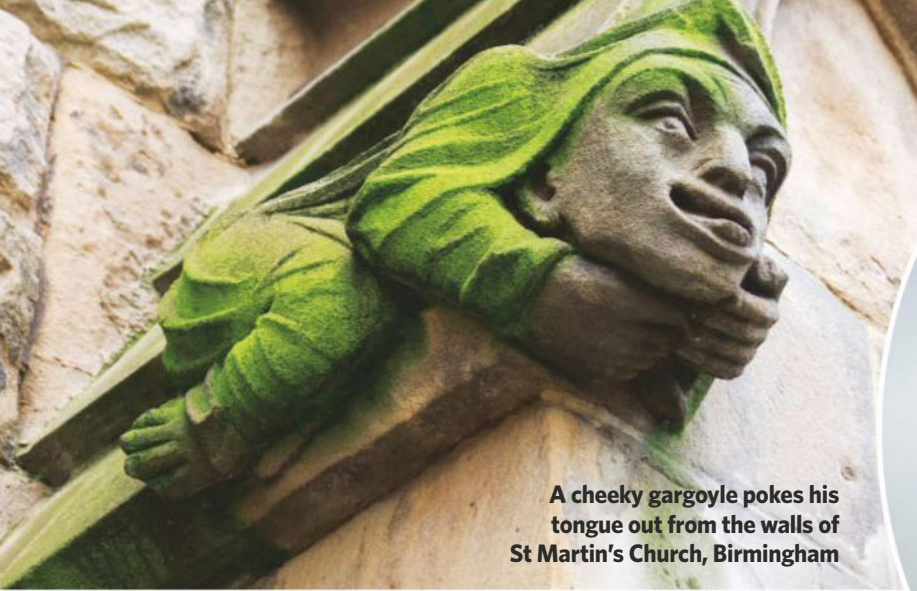
As the larger-than-life market stallholder whose daughter was teen-typist-turned-singing-sensation in this biopic.



Maggie Budgen in *Waterloo Road* (2012-2015)

Dinner lady turned home economics teacher, she'd do anything to protect the schoolkids and the man she loves.





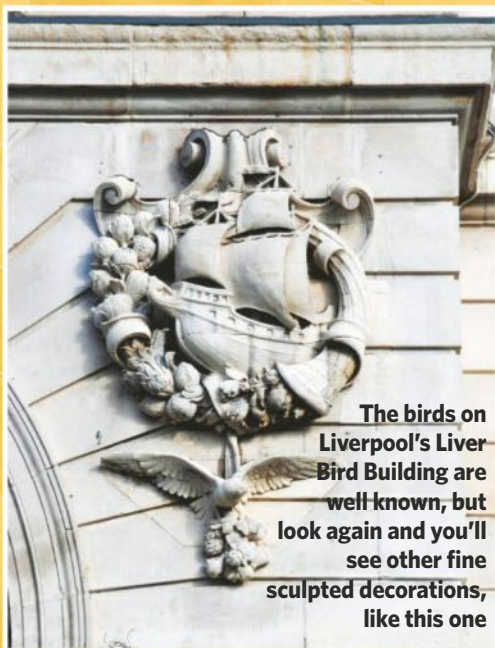
A cheeky gargoyle pokes his tongue out from the walls of St Martin's Church, Birmingham



This warrior protects the people from on high at Dublin Castle

Looking Up

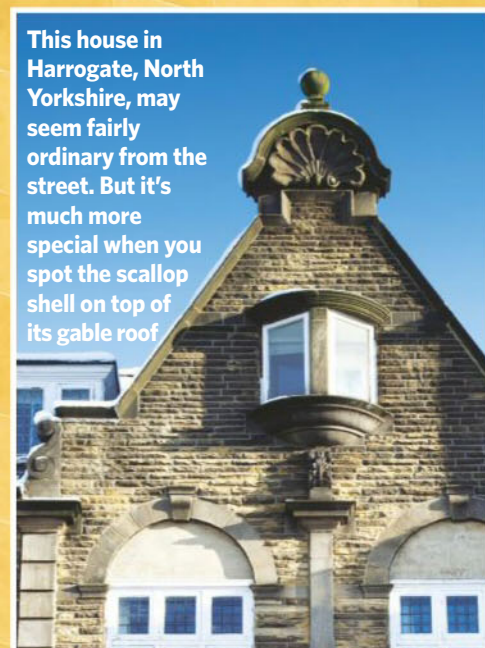
It's surprising just how much we miss above our heads when we're out and about



The birds on Liverpool's Liver Bird Building are well known, but look again and you'll see other fine sculpted decorations, like this one



The intricacy of these Victorian iron railings around the roof of the Pavilion Gardens in Buxton look all the more lovely against a bright blue sky

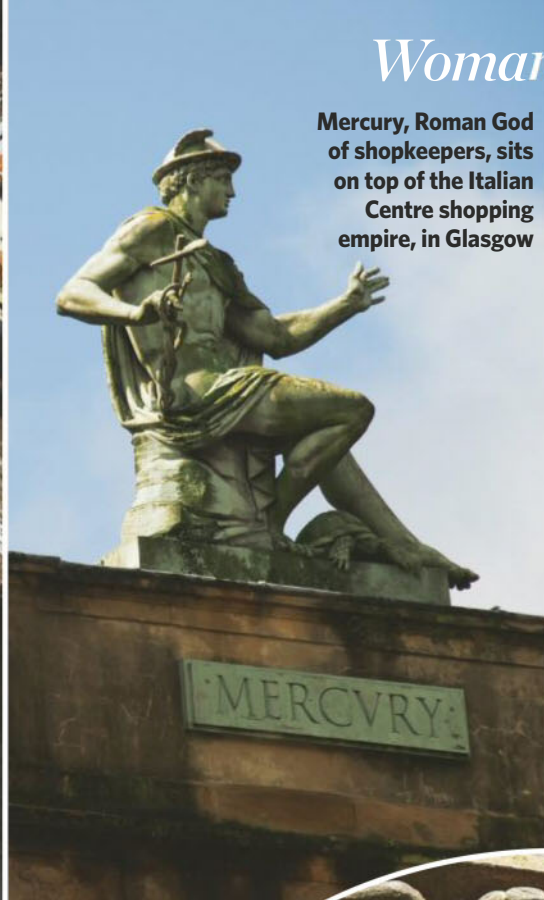


This house in Harrogate, North Yorkshire, may seem fairly ordinary from the street. But it's much more special when you spot the scallop shell on top of its gable roof

Woman's Weekly On High

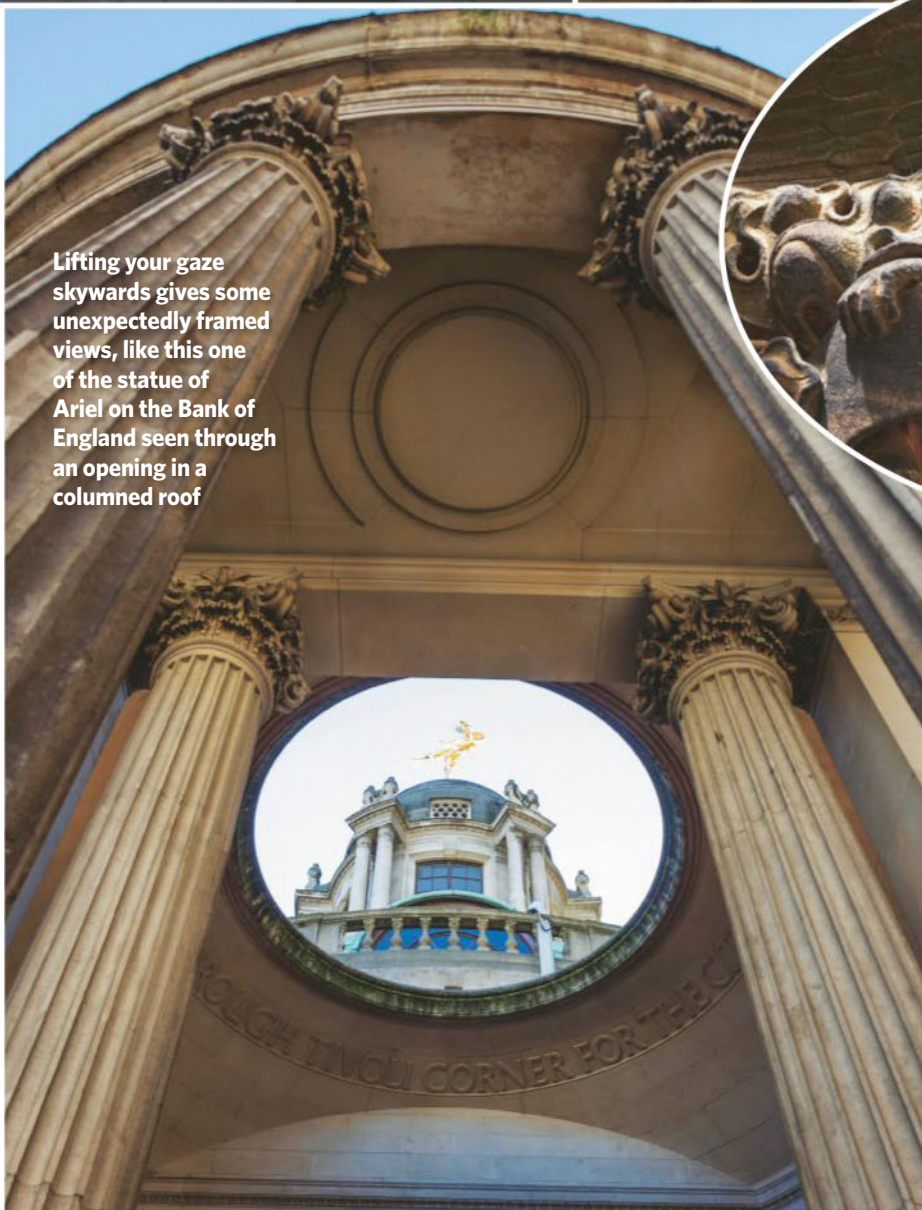
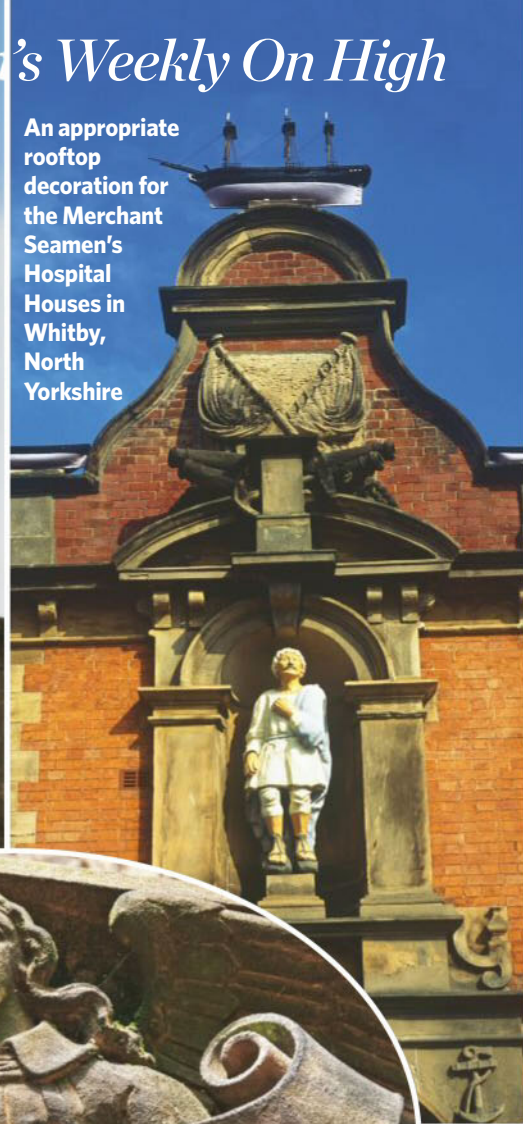


You have to look carefully to see this intricate wood carving on the eaves of a Tudor cottage in the coastal village of Rottingdean in East Sussex

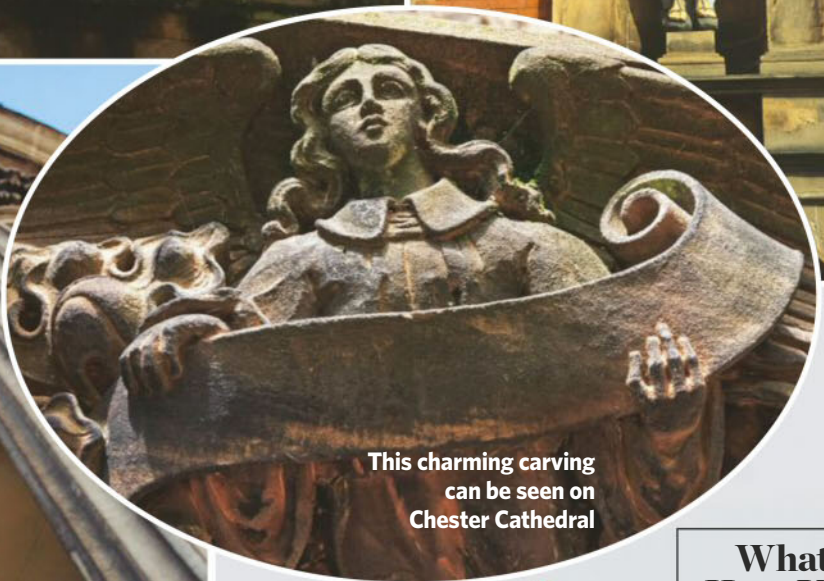


Mercury, Roman God of shopkeepers, sits on top of the Italian Centre shopping empire, in Glasgow

An appropriate rooftop decoration for the Merchant Seamen's Hospital Houses in Whitby, North Yorkshire



Lifting your gaze skywards gives some unexpectedly framed views, like this one of the statue of Ariel on the Bank of England seen through an opening in a columned roof



This charming carving can be seen on Chester Cathedral

Look above the clock face on Truro Magistrates' Court, in Cornwall, for guidance on the weather as well



What Have You Spotted?

Send us your pics by posting them on our Facebook page [facebook.com/WomansWeekly](https://www.facebook.com/WomansWeekly)

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blended for you



That's better. That's Tetley.

It's A *Funny Old World*

'Rex was the canine love of my life'

Pets – we've had a few... and I'd like to mention them all, starting with Betty the Budgie. My brother and I, aged six and eight, pestered our parents until they gave in and bought us the bird, but we never bonded with Betty. Pocket money was withheld until we had cleaned her cage. And she never learnt to talk, not even 'Hello', let alone 'How much is that doggie in the window?', top of the hit parade at the time.

It was our mother who got upset when Betty was found on the bottom of her cage, her little heart fluttering faintly. Mum wrapped the bundle of feathers in her paisley scarf and tried desperately to revive her by opening her beak and dripping brandy in with a medicine dropper. To no avail. We children enjoyed arranging Betty's funeral in the back garden.

Next came a dormouse without a name. He slept for six months, then went to his final resting place in the same bed of lobelias as Betty. Tibs was a sweet black and white kitten who created havoc with Mum's knitting and grew up to entertain noisy neighbourhood suitors in the wee small hours.

Fast-forward through adulthood, marriage, two children, two dogs and a cat, and now my husband and I live in a pet-free house. Our two dogs and our cat Rosie all lived to a ripe old age, and when Magnus, the last of them, finally went to the kennel in the sky, we decided to simplify our old age by not replacing him.

No more graves at the bottom of the garden. No more anguish wondering how Rex or Magnus were doing in kennels while we were soaking up the Mediterranean sun. No more maggoty bones festering under the sofa. No more upholstery torn to ribbons by Rosie's claw-sharpening exercises.

And yet... when I settle down to watch telly in the evening, I still sometimes feel something is missing; then I realise Rosie is not on my lap. When I'm weeding the garden I look up to make sure Magnus has not ambled off out of sight; of course not, he died 15 years ago. And I miss the walks. I can take myself for a walk in the woods when the bluebells are in flower, but it's not the same as taking Rex or Magnus.

So, regrets, I do have a few.

But on balance, I enjoy the freedom of being pet-free. And I cherish my memories; to our grandchildren all cats are known as 'Rosiecat'. They loved gentle Magnus, a golden retriever with soulful eyes, who, before they could walk, allowed them to climb over him, pull his silky ears and poke him with their pudgy little fingers.

But our first dog, Rex, a pale gold Labrador, was the canine love of my life. He was outrageous. When we lived in a town he would often escape, raid the neighbours' dustbins, then make for the butcher's shop round the corner and sit in the doorway, preventing customers from coming and going, until the butcher emerged from behind the counter and threw a bone into the gutter. On our walks, Rex pulled so hard on the lead that one of my arms is an inch longer than the other and I have arthritis in my shoulder. I forgive him. The adventures of Rex play a key role in our family folklore. 'Granny, tell us about When Rex Stole the Pies,' say the grandchildren. And I do. 'Once upon a time there was a very naughty dog...'

This week's columnist
Jane Fearnley-Whittingstall



'My Funny Old Week'

Where I've been... To France to stay with friends in a small town near Carcassonne.

What I've seen... Ordinary French life, friendly people, very little traffic on the local roads, and a wonderful weekly market.

What I've bought... Delicious freshly baked bread and croissants for breakfast every day.

Who I've met... Farmers and their wives in the market, to practise my terrible, old-fashioned, schoolgirl French.

Jane has been enjoying small-town French life



Photos: Alamy, Rex

NEXT WEEK
Deborah Moggach

The Time Of Your Life

Feel you blend into the background more with every passing year? Well, stop it right now, says **Bel Mooney**

Recently I dashed into a lift and was dazzled by the stylish woman already there. She wore a scarlet duffle coat with panache – accessorised with flat black boots, a black velvet beret pulled to one side, and a rakish grey and black silk scarf. I realised I was staring so blurted out, ‘You look absolutely great!’ and she merrily smiled her thanks.

The point is – the lady’s bobbed hair was pure white and I reckon she was over 80. Everything about her was perfect: the slick of neutral lipstick, the neat black shoulder bag, the way she carried every inch of her petite frame. I’d like to have seen her response to anybody who dared suggest that older women feel invisible. I mean – how could you merge into the background in a coat like that?

Yet I read that feeling invisible is a problem that affects many women of a certain age. One report found that more than half

of 2,000 ladies over 50 viewed the presence of younger women at a social event as totally confidence-sapping. Many blamed their greying hair, having to wear glasses or the difficulty of finding fashionable clothes. Two thirds of the group felt completely unnoticed by men and only 15% reported that they had self-confidence.

Now I know that the menopause is upsetting and

You will never feel invisible if you are highly visible to yourself

that your fifties can be a disturbing time of change in other ways, too – from the empty nest syndrome to sexual problems within marriage. But still, as a grandmother fast approaching her 66th birthday I want to ask, ‘What on earth is *wrong* with you all?’ It’s as if somebody wrote a script saying that older women are invisible and women seized on it and learnt the lines – as a way

of explaining and excusing why they give up.

It doesn’t help when prominent women join in. Why did the

beautiful actress Kristin Scott Thomas admit she felt like ‘an old ragbag’

compared to young actresses and ‘invisible’ in their company at the Cannes Film Festival? She said, ‘Somehow you just vanish. It’s a cliché but men grow in gravitas as they grow older but women just disappear.’ Really?

What a pity a gorgeous, talented woman of 55 should so disrespect herself. We can turn to Helen Mirren (14 years older) for a praiseworthy example of glamour combined with that

indefinable thing called ‘gravitas’ – which just means that people take you seriously. That you are worthy of respect. Surely respect starts at home. You will never feel invisible if you are highly visible *to yourself*. And that means knowing who you are.

Surely it’s time we rebelled against this negative script that turns older women into invisible victims of life and ageing and beauty and men and fashion and the whole damn thing. Better by far to adapt Jenny Joseph’s famous manifesto, ‘When I am an old woman I shall wear purple/ With a red hat that doesn’t go...’ That sums my own style up to a tee! Nobody ever taught me this ‘invisible’ stuff and I refuse to believe it. Why? Because...





We really are worth it

I don't need to be noticed by men to feel I'm worth something – and I simply love meeting gorgeous young women and finding out what makes them tick.

As the *Daily Mail's* advice columnist, I naturally feel sympathetic to women who feel stuck and lonely – usually after a marriage has ended, but not always. None of us like the ageing process: that fat on the hips and the collapse of your face and the strange things that happen to your thinning hair. Believe me, I hate it too. But the solution is to do something. 'Not giving in' doesn't imply a pathetic fight against getting older – clinging like Madonna to

youthful style to the point where it's embarrassing. But it does require a determination to open yourself up to becoming visible.

Another year older means another year more stylish

There was a time when old people looked old. Think of the black-clad ladies in tourist pictures of Italy – probably only in their fifties. Now there are plenty of stylish clothes for all age groups, and no reason to take refuge in beige. Because I hate 'safe' shades like beige and taupe I suggest to any woman who feels invisible that she starts to

'see' herself by taking a trip to Zara or M&S to buy something in a colour she has never worn before. Or shop online. Go on – be brave!

Everyone can update their look

You don't have to be a slave to fashion to notice new styles and updating your look (maybe a new hairstyle) in at least one way can do wonders for self-confidence.

I have a friend who'd settled on very long salt-and-pepper hair scraped back from her face and no make-up. She had also accepted being single (divorced for many years) and shy.

One day I badgered her to try a different haircut – a longish bob with a fringe. Amazingly, she agreed. The hair swinging

around her cheeks took years off her, she tried eyeliner, too, and the next time I saw her she had a real spring in her step. Why? A new – and much younger – boyfriend had come on the scene.

You don't like your grey hair? Then colour it. You don't like your boring glasses? Buy a cheap frame in bright pink and see how funky you look. Feel dreary in your black mac? Then

None of us likes ageing, but the solution is to do something

buy a magenta jacket. It may seem trivial to focus on looks, but Sigmund Freud knew that outside appearance is a very

useful indicator of the person within. As a friend of mine used to say, 'Never trust a man who doesn't clean his shoes.' So choosing to look good is the first step towards making a new statement about yourself.

A little effort always goes a long way...

Does it make you feel good to slop around all day in a grubby dressing gown and pyjamas? Must you be lazy and pull on stretchy jeggings or would you feel slicker in a pair of jeans and a cool top? Honestly, I may be looking towards my seventies now but I never, *ever* start a day without thinking I look good (with make-up and jewellery) even if I'm going nowhere. And even when my husband is away.

It's never too late to change

The sad thing is, I sometimes feel that the women who write to me don't want to change. To complain that you are lonely and nobody takes any notice of you is a darn sight less demanding than doing something to change your situation. I'm always telling my readers that in this one glorious life you can always tweak and shift and change. In fact, you must. Remember you can have more than one love, more than one friend, more than one profession. It's never too late for anything.

Knowing you're great makes you great

Being open to change, and taking advantage of everything that's available, makes you visible. It makes you look around all the time, which means that people see you and look back right at you. Smile, make eye contact, know you look your best – while admiring how others look and act. This is how you go on taking your place in the world – just like that wonderful woman I met in the lift, resplendent in her new-style scarlet duffle.

**Lifestyle
Editor Jayne**
loves a fringed bag,
£12, Primark



Coat, £99,
sizes 8-20,
Debenhams

To Have A

Carry the best-looking bag this summer. These are

Editor Diane

shines in her silver
backpack, £24.99,
New Look



Cardigan, £35,
sizes s-l, and
tunic dress,
£69, sizes
6-16, both Cos

**Home
Editor Emily**

goes for a cross-
body bag, £75,
Cath Kidston



Coat, £95,
sizes 6-16,
Cath Kidston.
Tunic dress,
£49.50, sizes
8-22, M&S

FRINGED



£20, Dorothy
Perkins

£58, Next

£49,
lookagain.
co.uk

BACKPACK



£45, Therapy
at House
of Fraser

£35, Accessorize

£25, Very

CROSS-BODY



£18,
Dorothy
Perkins

£25,
Next

£39,
House
of Fraser

And To Hold

the WW team's favourites - what's yours?

**Art Director
Caroline**
holds a large
clutch, **£35**,
Coast



Jacket, **£30**, sizes 6-22,
Dorothy Perkins. Top, **£8**,
sizes 8-20, Primark.
Trousers, Caroline's own

**Knitting Design
Editor Kandy**
carries a bucket
bag, **£34**, Next



Dress, **£55**, sizes
6-18, White Stuff

**Technical Knitting
Editor Tina**
likes a tote, **£62.95**,
Betty Barclay



Coat, **£20**,
sizes 8-20,
Primark. Top,
£9.50, sizes
8-24, M&S.
Trousers,
£20, sizes
6-22, Next

TOTE

£22, Dorothy
Perkins



£30,
Dorothy
Perkins



£18, F&F
at Tesco



BUCKET

£39.50,
M&S



£18, Tu at
Sainsbury's

£29, M&Co

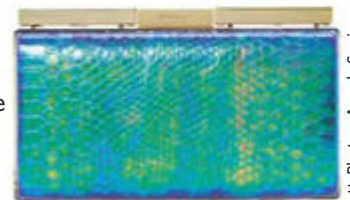


CLUTCH

£40, Debenhams



£59, Dune



£79.95, Moda in Pelle



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Try This Trend

Patterned Trousers

Printed trousers are easy to wear and flatter legs, too – result!

Keep it simple

If you have a very busy pattern on your trousers, keep your top plain

Top, £29, sizes 8-22; trousers, £45, sizes 8-22, both Monsoon. Bag, £49, bracelet, £12, shoes, £49, necklace, £25, all Accessorize

Tapered print trousers

with a dark background are slimming – just be sure they're not too tight

It's not for you...

...if you prefer not to draw attention to your legs. A patterned top is a

better choice

Top, £28, sizes 8-24, Per Una at M&S



Blouse, £26, sizes 8-22, M&Co

Wedges are comfortable and can make legs appear longer, but these trousers work as well with flats, too

If you're TALL

You can carry off a wide-legged style. Look out for brands that carry a 'tall' range to get the perfect fit

Top, £4.50, sizes 6-26, Next. Trousers, £48, sizes 10-22, Long Tall Sally. Sandals, £54.95, Birkenstock



If you have a BIG BUST

Team your trousers with a wrap-style blouse to flatter your shape perfectly

Blouse, £12, sizes 8-28, George at Asda. Trousers, £40, sizes 8-20, Wallis. Sandals, £29.50, M&S



If you're PETITE

A bold print worn with wedges are a stylish combination and will add height

Blouse, £39, sizes 8-14, Boden (petite). Trousers, £30, sizes 8-18, Wallis (petite). Wedges, £25, BHS



NEXT WEEK
Checks



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**Fiction Editor,
Gaynor**

We all see the world differently as teenagers, with our hopes and our plans. But sometimes life gets in the way.

Nothing In Common

We used to laugh about this happening, Madeleine and I. Back when we were teenagers, sitting in our bedrooms, plastering our faces with cheap make-up and smothering ourselves with bargain body sprays from Turner's.

Mr Turner sold end-of-lines and imported goods at rock-bottom prices. You could lose yourself in his little shop for hours finding bargains.

I remember us sitting on my bed in front of my dressing-table mirror admiring our reflections. It was one of those mirrors with wings so you could see how you looked from the side, too. It had once belonged to my grandmother, like most of the furniture in my parents' house.

"Can you imagine us 20 years from now?" I asked. "Bumping into each other at the doctor's?"

"Karen Higgins, as I live and breathe," Madeleine said, affecting an old lady voice. "How are you keeping?"

"I've been better," I replied in a shaky voice. "Having 10 kids has taken it out of me rather."

"Only 10? I thought you were going to have a round dozen?"

I patted my stomach. "I haven't finished yet, even though I'm getting on a bit now. How many did you have in the end?"

"Just the one," Madeleine said. "Her dad, being a famous actor, didn't want more than that. He said it would spoil my lovely figure and ruin my looks. Did you marry that whatshisname? The one with the big ears and red face?"

It stopped being funny then. "Craig doesn't have big ears," I said, seeing my own scowl in

the mirror. "And he only goes red because he's shy."

"If you say so." She fell back onto my bed and stared at the ceiling. "I can't wait to get away from this place. Small town, small minds, it's just stifling," she said.

"Is that you or Wilf talking?"

Wilf's family were a bit Bohemian. They named all six of their children with old names long before it became fashionable and his mum

show his real self to everyone, but I knew and that's the only thing that mattered.

"At least Craig's got his feet on the ground," I said. "He'll really be someone one day."

"So will Wilf," Madeleine said defensively. "Even if he is a dreamer."

I can't believe we thought being in our thirties would make us old, but when you're a teenager you see the world differently. Clever,



dressed so young it was hard to tell her apart from her kids sometimes.

They were really posh, though, and absolutely loaded.

"Wilf's amazing," she said, bobbing back up, her face lighting up as it always did when she spoke about him. "He's so clever and talented and funny."

Craig was clever and talented and funny, too. He just didn't

talented, funny Wilf got Madeleine pregnant and they both disappeared. Not from town, not at first anyway, but from our previous life.

If I saw Madeleine again, she was pushing a pram around and would wave before hurrying on her way, as if she didn't want to see me.

It's funny how you can lose someone, even in a small town like ours. Not that I was

desperate to see her baby. Despite the fact I wanted to have 12 children, I had no real interest in babies back then.

All I really cared about was Craig: shy, blushing Craig, who did have big ears, it was true, but I always thought he'd grow into them somehow.

Life goes on and I rarely gave Madeleine a thought. If I did think about her, I imagined her floating around living the high life somewhere. Her baby would be grown up now and presumably she and Wilf would be living the way they'd always planned.

One thing was for sure, we would have absolutely nothing in common.

And now here we are sitting just a few feet away from one another in the dentist's waiting room. I almost didn't recognise her. Gone are the long, lustrous red tresses and now her hair is cut short and a tired shade of ginger.

"I'm so sorry about the delay," the receptionist says when a new patient arrives. "Mr Delaney is dealing with an emergency."

Everyone shudders. No one wants to be a dental emergency and we all feel too sorry for whoever it is in the chair to complain about the extra wait.

It seems so silly to be sitting this close to my former best friend and not say something. I've tried to catch her eye, but she's looking anywhere but at me.

I can't help remembering her remark about Craig's ears. Maybe it wouldn't have bothered me, but both my sons have inherited those ears and I won't have them made fun of.

Thinking about it, perhaps it would be best not to talk to her.

Continued overleaf

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She might want to see photos of the boys and my phone is full of them. I don't think I could bear it if she looked at them and smirked.

And she's bound to be smug. After all, I did what she always said I'd do and married Craig and stayed right here in town, going nowhere, just bringing up my boys. I daresay she's been all around the world and back several times.

Not that I've ever seen Wilf's name crop up in anything, so he's obviously not that famous, if he ever took up acting at all.

And what if she wanted to come back to my ordinary little house? No, I couldn't have that, couldn't have her looking down her nose at us.

I wish she'd stop looking at me. I think she's recognised me, but I'm not sure. The last thing I want to do is get into a conversation with her.

I'll never forget when I told Karen I thought I was expecting. She laughed. She actually laughed. I think she thought I was joking.

When she realised I wasn't, she said, "That'll put the kibosh on your plans then. Wilf will have to get a proper job instead of faffing about wanting to be an actor."

"Wilf will be an actor," I said, with as much dignity as I could muster. Honestly, I was dying there, terrified, and I hadn't told another living soul, not even Wilf. I thought my best friend might be a bit supportive, but no, she took the chance to have a dig.

We used to be such good friends, but once I'd left school to have Rose we hardly saw each other. She didn't even come to see little Rose. I kept thinking she would and I'd half planned to ask her to be Godmother, but I suppose she was all caught up with school.

School and Craig. I never really got what she saw in him. He was so quiet and if you spoke to him, he'd go bright red and start mumbling.

I thought that if I took the mickey out of his ears it might

put her off him and she could find someone like Wilf, but it just seemed to make her love him more.

And she was quite mean about Wilf, too. She said he had a daft name and his hair was too long and I'd never know security with him because he'd never get a proper job.

Wilf and I did move away for a while. We lived in a caravan on the farm where Wilf worked. One of his favourite photos of me is one he took when I stepped out of the caravan and sank up to my ankles in a sea of mud.

I was wearing wellies and a pretty white dress covered in cornflowers and Rose was sitting on my hip. I know why it's his favourite. I look so happy in it, but they weren't always happy times.

The caravan leaked when it rained and Rose was always poorly when she was a baby. We

It's definitely her. I'd know that turned-up nose anywhere

spent a lot of time in hospital with her, but thankfully she grew into a strong, healthy girl.

Still, it put Wilf's acting dream on hold, looking after me and Rose, but he never once complained.

We travelled around quite a bit. Wilf did all sorts of jobs and he was well liked wherever we went, but in the end we settled back here and I'm glad we did.

I take it Karen did OK for herself. Her clothes look expensive. I wish I'd gone to a bit more effort today.

She's stopped looking at me now, thank goodness. I can breathe again. It's a bit sad not to speak, but when all's said and done we'd have nothing in common.

If she came round to visit, I daresay she'd look down her long nose at us. "How the mighty have fallen," she'd probably say. I bet she's got a posh house. She's got posh written all over her.

"Mrs Templeton."

Oh, that's me. I keep eyes

front as I pass Madeleine, but I allow myself one sideways look. It's definitely her. I'd know that turned-up nose anywhere.

"You're eager," the nurse says. "Usually I have to drag them in kicking and screaming."

"I just want to get it over with."

It's only a check-up. Mr Delaney pokes and prods, asks if I floss and says it all looks fine and he'll see me again in a year.

I hurry out. The car is empty. Craig and the boys must have got fed up waiting and gone for a walk. It was alright for them. They were seen before the emergency came in.

I bet they've gone to the park. Well, I'm not standing around waiting. I'll go and look for them. I wish I'd brought my phone. "Why would I need it?" I said, when Craig suggested it. "We're only going to the dentist and they don't like you using them in there."

I was right. They're sitting

on a wall watching the old men sailing their model boats round the pond.

Craig's face lights up when he sees me coming. I wonder if Wilf's face lights up like that for Madeleine.

Craig doesn't go red any more and he's not shy. Well, he doesn't go out of his way, if you know what I mean, but he can hold his own.

I look at the three of them with their matching sticky-out ears and feel a surge of love so strong, it nearly knocks me over. My family are my whole world.

I'm glad I didn't speak to Madeleine. She's part of the past and that's all gone now and besides, we have absolutely nothing in common.

"Shall we get an ice cream?" Craig asks. "Are you feeling up to it after the dentist?"

Of course I am.

Wilf and Rose are waiting in the car when I finally get out, my face frozen

and slightly swollen.

"Poor you," Wilf says, as he holds the car door open for me. "Filling?"

I stick two fingers up at him and he laughs. "No need to be rude, I only asked."

"She had two, Dad, show a bit of sympathy," Rose says. "Poor Mum."

It's hard not to laugh. These two always make me smile, no matter what. They're my whole world and I'm glad I didn't speak to Karen. She's part of the past and that's all gone now and besides, we have absolutely nothing in common.

"Shall we stop at the park? It's a lovely day. We could get ice creams."

That sounds good. I'm sure I could get an ice cream to slither down. Suddenly, I'm feeling very positive and content and ready for anything.

I can't believe it. There's Madeleine walking over to the kiosk with Wilf and her daughter. She looks a bit battered, but at the same time, so happy.

It's ridiculous. We're not teenagers any more.

"Madeleine? I thought it was you at the dentist's. Are you alright?"

She nods and mumbles and smiles and even dribbles a little. We laugh.

"I'm so glad I've bumped into you again," she says.

"Me too," I say. "We have a lot of catching up to do."

THE END

© Teresa Ashby,
2015





Cookery Editor, Sue

It's the British berry season, so enjoy them now when they're at their most flavoursome.

Berry Nice!



Strawberry Tarte Tatins

Makes 6-8	Calories: 260	Fat: 15g
Saturated fat: 8g	Suitable for freezing: X	

- * 100g (3½oz) caster sugar
- * 50g (1¼oz) butter
- * Few drops of vanilla extract
- * 400g punnet strawberries, hulled and halved if large
- * 320g sheet ready-rolled puff pastry
- * 6-8 ramekin dishes, buttered with a disc of baking parchment in bases
- * Approx 8cm (3in) round cutter

1 Set the oven to 200°C or Gas Mark 6.

2 Pour 2tbsp water into a small pan and add the sugar, butter and vanilla. Place the pan over a medium heat and stir until the sugar dissolves. Use a damp pastry brush to wash down any sugar crystals on the side of the pan, then increase the heat and boil until the mixture turns a pale golden colour. Remove the pan from the heat and pour a little of the caramel into the base of each of the ramekin dishes.

3 Arrange the strawberries on top of the caramel, packing in tightly. Unroll the pastry and use a cutter that is slightly larger than the top of the ramekin dishes to cut out rounds. Place a disc of pastry over the strawberries in each ramekin, pressing down firmly, so the cut edge turns in towards the strawberries.

4 Place the ramekins on a baking tray and bake for 20-25 mins, or until the pastry is golden. Remove from the oven and leave to cool for a few mins.

5 Turn the tarte tatins out of the ramekins; take care as there may be a lot of juice from the strawberries. Peel away the baking parchment discs. Serve hot, with crème fraîche.





Blueberry & Raspberry Lollies

Makes 8-12	Calories: 11	Fat: 0g
Saturated fat: 0g	Suitable for freezing: ✓	

- * 100-150g (3½-5oz) blueberries
- * 100-150g (3½-5oz) raspberries
- * Approx. 300ml (½pt) berry squash (see tip below), diluted to taste
- * Ice-lolly moulds and sticks

1 Fill the ice-lolly moulds with both types of berries, almost to the top of the moulds. Pour squash into the moulds, almost to the top, then put the lid on the moulds. Press in the sticks, so they go in about halfway into the moulds.

2 Put them in the freezer until the lollies are solid. These can be kept in the freezer for up to 3 months.

3 If the lollies don't come out of the moulds easily when you want to eat them, dip the moulds very briefly into hot water to help release them.

Sue's Tip

I used Belvoir Raspberry & Rose Cordial and diluted it to the strength recommended on the bottle.

Summer Berry Slice

Serves 5-6	Calories: 292
Fat: 1g	Saturated fat: 0.2g
Suitable for freezing: ✗	

- * 1kg (2¼lb) mixed summer berries, eg, blueberries, raspberries and strawberries
- * 175g (6oz) caster sugar
- * 10-14 slices white bread, medium sliced and crusts removed
- * Strawberry leaves, to decorate
- * 1kg (2¼lb) loaf tin

1 Line the loaf tin with a double layer of cling film, leaving plenty hanging over the sides of the tin to cover the loaf later on.

2 Wash and dry the fruit well, removing the hulls from the strawberries and slicing any large ones.

3 Pour 6tbsp water into a pan and add the sugar. Place the pan over a medium heat and stir until the sugar dissolves. Bring the syrup to the boil. Add the blueberries to the pan, reduce the heat and simmer gently for 1 min. Remove the pan from the heat and add the raspberries and strawberries. Stir and leave to cool and then strain, reserving the juice.

4 Cut the bread into fingers to line the base and sides of the loaf tin. First, dip the fingers in the reserved juices and then place them in the tin with the dipped side against the cling film and overlapping the fingers slightly.

5 Spoon the fruit into the centre, pressing down well. Cover the top with the rest of the bread fingers. Spoon over as much of the juice as possible, peeling the bread back slightly if necessary to pour it over the fruit.

6 Lift the overhanging cling film up to cover the loaf and to seal it well. Place in a large dish, in case any juices leak out. Place a board over the top to completely cover it and weight down with cans of food and chill in the fridge overnight.

7 To serve, remove the board and cans. Unwrap cling film from the top. Turn loaf out on to the board and ease it out of the tin. Peel away cling film. Decorate with strawberry leaves. Serve sliced with cream or crème fraîche.





Summer Berry Crumble

Serves 4-6	Calories: 532
Fat: 25g	Saturated fat: 11g
Suitable for freezing: X	

FOR THE FRUIT:

- * 1kg (2¼lb) mixed summer berries, eg, raspberries, blueberries and blackberries
- * 4tbsp demerara sugar
- * 1tbsp cornflour
- * Zested rind and juice of 1 lemon
- * 2 star anise
- * 5cm (2in) piece cinnamon stick

FOR THE TOPPING:

- * 125g (4oz) self-raising flour
- * 125g (4oz) butter, softened
- * 100g (3½oz) demerara sugar
- * 100g (3½oz) porridge oats

FOR THE MAPLE PECANS:

- * 50g (1¾oz) pecan nuts
- * 2-3tbsp maple syrup
- * Greek yogurt, to serve

1 Set the oven to 180°C or Gas Mark 4.

2 Tip the fruit into an ovenproof dish and sprinkle over the sugar, cornflour and lemon rind, then stir gently to mix. Spoon over the lemon juice, then add the star anise and cinnamon stick.

3 To make the crumble topping, tip the flour into a bowl and rub in the butter. Stir in the sugar and oats and mix until it starts to clump together, then scatter it over the fruits.

4 Place the dish on an oven tray and bake for 20-30 mins, or until the topping is a golden colour and the filling is bubbling.

5 Meanwhile, roughly break the pecan nuts into pieces and mix with the maple syrup. Spread out on a small baking tray, lined with baking parchment, and bake alongside the crumble for about 10 mins, or until they're lightly roasted. Remove them from the oven.

6 Serve the crumble with Greek yogurt with some maple pecans sprinkled on top.

Sue's Tip

For an alternative, you can add some slices of griddled halloumi cheese instead of the feta cheese.

Duck With Strawberries & Balsamic Glaze

Serves 2	Calories: 484
Fat: 28g	Saturated fat: 3g
Suitable for freezing: X	

- * 2 duck breasts
- * 4tbsp balsamic glaze
- * 2tbsp redcurrant jelly
- * 125-175g (4-6oz) strawberries, quartered

1 Set the oven to 200°C or Gas Mark 6.

2 Score through the fat on the duck breasts and place them in a cold, non-stick pan. Place the pan over a medium heat until the fat starts to run out of the skin. Turn the heat up and press the breasts down well with a spatula, to help make sure all the surface



Blackberry & Beetroot Salad

Serves 4	Calories: 200
Fat per serving: 14g	Saturated fat: 2g
Suitable for freezing: ✕	

- * 100g pack baby leaf salad
- * ½ a cucumber, sliced
- * 250g pack cooked beetroot, sliced
- * ½ -1 x 200g pack feta cheese
- * 2tbsp prepared pomegranate seeds
- * 2tbsp small mint leaves
- FOR THE DRESSING:**
- * 2 x 150-170g packs blackberries
- * 5tbsp virgin olive oil

- * 2tbsp white wine vinegar
- * 1tbsp clear honey

1 To make the dressing, crush half of the blackberries and press them through a sieve to remove the seeds. Mix the strained mixture with the olive oil, vinegar and honey. Season with salt and pepper to taste.

2 Tip the bag of salad into a serving dish and scatter the whole blackberries, cucumber, beetroot, feta and pomegranate on top. Drizzle over the dressing and top with mint leaves.



of the skin browns. Cook for 4-5 mins until golden. Turn the breasts and cook for a further 2 mins. Transfer them to a baking tray and cook in the oven for 10-15 mins, depending on how well you like the duck cooked.

3 Meanwhile, to make the sauce, drain most of the fat from the frying pan and add the balsamic glaze and redcurrant jelly. Place the pan over a medium heat and stir until the jelly melts. Simmer

the glaze for 1-2 mins to thicken it slightly, then add the strawberries to the pan and cook for about 1 min, until they've just softened. Season to taste with salt and pepper. If it has thickened too much, a little boiling water can be added.

4 Leave the duck to rest for 5 mins before slicing. Serve with the strawberries and glaze spooned over the top.



Soap Stars



Ensure your wash days are a breeze with these pretty matching makes

Home Editor, Emily Dawe

Woman's
Weekly

TESTED BY US
So They Work
For You

Laundry basket liner



Easy-peasy



A Bit More
Tricky



Hard-ish



Quite A
Challenge

YOU WILL NEED

- ✦ Cotton fabric - we used 'River Fish' £20 a metre, Cath Kidston (0845 026 2440; cathkidston.com)
- ✦ Laundry basket: we used a lined wicker laundry basket H30 x W65 x D45cm, £25, Tesco, sprayed white
- ✦ Matching cotton bunting tape or binding
- ✦ Matching bias binding
- ✦ Matching sewing thread
- ✦ Dressmaker's pattern paper (larger than your basket)
- ✦ Pencil, scissors and safety pin

NOTE: Our basket already had a lining, so this was used as a guide.

1 Remove the lining from the basket, noting the seam allowance, then unpick the stitching and press. Use these pieces as a pattern for your new lining.

2 Place and pin the base piece and two side pieces on to your fabric, extending the height of your side pieces by 6cm, so that more fabric is visible around the outside edges of the basket. Cut out the three fabric pieces.

3 Sew the two side pieces together down each side, with right sides

facing and using the same seam allowance as on the original lining. Press the seam allowances open.

4 Fold the oval base piece in half lengthways and mark on the fold at each side. Pin the base piece to the sides, right sides facing, matching the side seams to the marked sides of the base piece, and machine-stitch.

5 Place the lining into the basket and mark the position of the handles. Remove the lining and cut two 'U' shapes at each end, where marked, measuring approximately 14cm long and 2.5cm wide, to create the openings for the handles - see handle diagram below. Open the bias binding and pin, right sides together, around the four handle openings and machine-stitch. Turn bindings to the wrong side, pin and machine-stitch again.

6 Fold 1cm and then 3cm on to the wrong side at all four top edges. Pin and top stitch close to the fold, to create a channel for the drawstrings.

7 Estimate how much drawstring tape you require: measure the length of the top of each of your two sides and between the handles at each end. Add approximately 60cm extra to each of the four lengths.

8 Attach a safety pin to one end of each of the tapes and thread through. Finally, tie the tapes into bows.

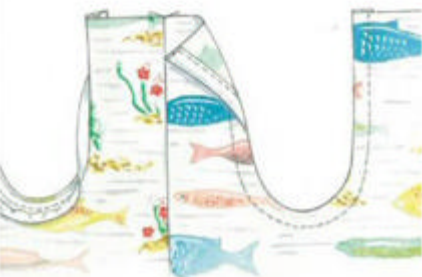
For an unlined basket

Make your own pattern using dressmaker's pattern paper. Make a practice piece first using an old sheet, so that you can check you have the right fit, and make any adjustments.

For the base:

Place the basket on to the pattern paper and draw round.

Handle diagram



Peg bag

YOU WILL NEED

- ❖ Cotton fabric
- ❖ Child's coat hanger
- ❖ Matching ribbon
- ❖ Matching sewing thread
- ❖ Paper for the template
- ❖ Pencil
- ❖ Scissors

NOTE: Use 1cm seam allowances

Make the template:

1 Cut a sheet of paper 45cm long and a few centimetres wider than your coat hanger.

2 Draw a horizontal line 18cm down from the top edge - this will be the cutting line for the lower front piece.

To make the bag:

1 Place the template on to the wrong side of your fabric, draw round and cut out the back piece. Repeat for the upper and lower front pieces, using the guidelines drawn on the template.

2 With right sides together, place the lower edge of the upper front piece on to the top edge of the lower front piece and

pin. Machine-stitch 7cm along from each side, using a 1cm seam allowance. Zigzag the raw edges, press the seams open, then top stitch along both pressed edges.

3 With right sides together, pin the front to the back piece. Machine-stitch around the top and sides, leaving a 1cm gap for the hook at the top edge and leaving the lower edge open. Trim and snip into the seam allowance around the curves. Turn right side out, press.

4 Put the coat hanger into the bag - it is easier to place the hanger in the bag at an angle - push the hook into the hole at the top then pull the rest of the bag down.

5 Turn in 1cm to the wrong side at the lower edges and press. Pin and machine top stitch along the lower edge.

6 Tie a ribbon around the base of the hook.



Make the template



Stitch the lower and upper front pieces together



Stitch around top and sides, leaving a 1cm gap for hook

For the side pieces:

Lay your basket on its side on to your pattern paper and mark the top and bottom. Slowly roll the basket round to one side, marking the paper as you go until you reach the middle of the side of the basket. Then roll the basket to the other side in the same way.

Add 1cm seam allowances at each end and extend the height of the sides by 15cm.

Cut out your pattern pieces and pin to your fabric. You will need one base piece and two side pieces.

Sew your two side pieces together down the short edges, right sides facing, using a 1cm seam allowance. Place into your basket to check that it fits, then follow the instructions from Step 4, above.

Lavender sachets

YOU WILL NEED

- ❖ Cotton fabric
- ❖ Dried lavender
- ❖ Matching sewing thread
- ❖ Scissors
- ❖ Pinking shears

1 For each bag, cut two 6.5cm square pieces of fabric. Place the fabric pieces together, wrong sides facing.

2 Pin and machine-stitch three sides, 1cm in from the edges.

3 Fill with 2tsp dried lavender. Push the lavender to the bottom and machine-stitch the fourth side to close.



4 Trim around the edges with pinking shears. Scatter in with your laundry or drawers for beautifully scented garments.

NEXT WEEK
Boat-themed Makes

Woman's Weekly Events

Join In Our

Make & Take

Crochet And Needle-Felting Workshops

We've added more dates for our crochet and needle-felting one-day workshops. They'll be held in October and November at our HQ in London and tickets cost £69 per person, per workshop.

The crochet workshops will be led by our knitting and crochet assistant, Freddie, along with her chosen experts.

The needle-felting days will be run by experts Judy Balchin and Roz Dace. These days are perfect for beginners or for anyone interested in needle-felting. It's an easy technique to pick up.

Learn To Crochet with Freddie on 25 August and 7 October

Whether you've never held a crochet hook or simply want to improve your technique, with our experts' help you'll soon be able to follow the patterns in *Woman's Weekly* and our *Knitting & Crochet Specials*.

10am Meet and greet, with tea and coffee
10.30am Introduction
10.45am Holding your hook and yarn, and how to chain and double-crochet stitch
11.30am Tea/coffee break
11.45am Half-trebles, trebles and double-treble stitches
1pm Lunch*
2pm Start on your first crochet project of your choosing
3pm Tea/coffee break
4pm Question time
4.30pm Workshop ends



WW's Freddie

Intermediate Christmas Crochet

with Freddie on 2 October
 Start early and crochet beautiful decorations. This workshop is for you if you know the basic stitches in crochet and want to learn more exciting skills.

10am Meet and greet, with tea and coffee
10.30am Introduction
10.45am How to work in the round and make circular decorations
11.30am Tea/coffee break
11.45am Finish off your circular decorations and how to stiffen them
1pm Lunch*
2pm Choose from a selection of projects and learn how to follow a pattern
3pm Tea/coffee break
4pm Question time
4.30pm Workshop ends



Needle-felting Workshops with Judy and Roz

Christmas Penguin on 26 October**

Have fun needle-felting this cute little penguin (he's 15cm high). Judy and Roz will show you how to create the basic figure and how to add his cute hat and hot-water bottle.



Judy and Roz

10am Meet and greet, with tea and coffee
10.30am Introduction and a short demonstration on the needle-felting technique
10.45am Start needle-felting body parts
11.30am Tea/coffee break
11.45am Continue needle-felting the body
1pm Lunch*
2pm Assemble the figure and needle-felt the embellishments
3pm Tea/coffee break
3.15pm Finish and add the embellishments
4.15pm Question time
4.30pm Workshop ends



To book, call 0800 024 1212* or complete the coupon

Book By Phone MasterCard, Visa or Maestro cardholders can book a workshop on 0800 024 1212.

*Lines open Monday to Friday 10am-4pm, but closed bank holidays. Call charges from mobiles and non-BT landlines may vary.

Use The Coupon Complete the coupon. Payment may be made by cheque, crossed and made payable to *Woman's Weekly Shop*.

Woman's Weekly Make & Take Workshops

Please complete this coupon and send it, along with your cheque, to: **Woman's Weekly Shop Team, Blue Fin Building, Room 6C05, 110 Southwark Street, London SE1 0SU**

Workshop	Date	Price	No of tickets	Total
Learn To Crochet	25 Aug	£69 per person		
Intermediate Christmas Crochet	2 Oct	£69 per person		
Learn To Crochet	7 Oct	£69 per person		
Needle-felting A Christmas Penguin	26 Oct	£69 per person		
Needle-felting Festive Needle-Felties	17 Nov	£69 per person		
GRAND TOTAL				£

Mrs/Miss/Ms/Mr (delete as applicable) Name

Surname

Address

Postcode

Daytime tel no (incl code)

Email address

If you've bought more than one ticket for an event please give us the name/s of those attending with you

Name

Name

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Festive Needle-Felties on 17 November**

You'll learn how to needle-felt up to four baubles. Using colourful wools and sparkling embellishments, you'll be shown how to create the different designs, including a needle-felted selfie (bring a photo of yourself, one of your family or a friend).

10am Meet and greet, with tea and coffee
10.30am Introduction and a short demonstration on the needle-felting technique
10.45am Start needle-felting the baubles
11.30am Tea/coffee break
11.45am Continue needle-felting baubles and adding embellishments
1pm Lunch*
2pm Start needle-felting a selfie
3pm Tea/coffee break
3.15pm Add any embellishments and hanging loops
4.15pm Question time
4.30pm Workshop ends



TERMS AND CONDITIONS Tickets will be allocated on a first come, first served basis. *Woman's Weekly* has the right to change the itinerary of the day. Please note, tickets to these events are non refundable, unless an event is cancelled or postponed. A guest-list policy will be in operation at the events. Shortly after purchasing tickets, you will receive confirmation: this is your ticket to the event, so please retain it for future reference. The workshops will be held at our offices: Time Inc. UK, Blue Fin Building, 110 Southwark Street, London SE1 0SU. The offices are walking distance from Waterloo, London Bridge, Blackfriars and Southwark. *We do not include lunch, but there is a great staff canteen, or feel free to bring your own; there are also food outlets close to the office. **Please note that if the Christmas Penguin Needle-Felting on 26 October sells out there will be another workshop made available on 27 October. If Festive Needle-Felties on 17 November sells out a workshop on 18 November will be made available. **DATA PROTECTION** *Woman's Weekly*, published by Time Inc. (UK) Ltd, will collect your personal information to process your order and alert you of news, new products, services and offers available from *Woman's Weekly* and from Time Inc. (UK) Ltd by email, post or phone. You can unsubscribe from emails by clicking unsubscribe from within the email.

Woman's
Weekly

TESTED BY US
So It Works
For You



**Knitting Design
Editor, Kandy**

Make this fun cushion
for your favourite Kitty

fan. It's knitted
in stocking
stitch with
embroidered
facial features
and padded
with washable
toy stuffing.

Instructions overleaf



Easy-peasy



**A Bit More
Tricky**



Hard-ish



**Quite A
Challenge**

Hello Kitty!

MEASUREMENTS

37cm/14½in wide and
34cm/13¼in high.

MATERIALS

4 x 50g (85m) balls of
Patons Extrafine Merino Aran*
(100% wool) White (00201)
and 1 ball in Pink (00238);
oddment of Black. Pair of
3¾mm (No.9) and 3¼mm
(No.10) knitting needles;
washable toy stuffing.

TENSION

21 stitches and 31 rows, to
10 x 10cm, over stocking
stitch, using 3¾mm needles.

ABBREVIATIONS

K, knit; **p**, purl; **st**, stitch;
tog, together; **p2togb**, p2tog
through back of sts; **inc**,
increase (by working twice
into same st); **dec**, decrease
(by taking 2 sts tog); **skpo**,
slip 1, k1, pass slip st over;
ss, stocking st (k on right
side and p on wrong side).

NOTE

Yarn amounts are based on
average requirements and
are therefore approximate.
Figures in square brackets
are worked as stated after
2nd bracket.

Head (make 2)

With 3¾mm needles and White,
cast on 30 sts for base.

Beginning with a p row, continue
in ss. Work 1 row. Cast on 6 sts
at beginning of next 4 rows, then
3 sts at beginning of following 4
rows – 66 sts.
Inc 1 st at each end of next 5 rows
and 4 following alternate rows
– 84 rows. Ss 3 rows.
Inc 1 st at each end of next row
and following 4th row, then
on following 8th row – 90 sts.
Ss 25 rows.

1st dec row: K1, k2tog, k to last 3
sts, skpo, k1. Ss 3 rows.
Work 1st dec row. P 1 row.
Repeat last 2 rows, 3 times more
– 80 sts.
Inc 1 st at each end of next row
and 2 following 4th rows – 86 sts.
Ss 15 rows.

Shape top: Dividing row: K1, k2tog,
k24, skpo, k1, turn and work on
these 28 sts only for first ear.

First ear: 2nd dec row: P1,
p2togb, p to end.

3rd dec row: K to last 3 sts,
skpo, k1.
Repeat last 2 rows, once more.

4th dec row: P1, p2togb, p to last
3 sts, p2tog, p1.

Work 3rd dec row, then 2nd
dec row.

5th dec row: K1, k2tog, k to last
3 sts, skpo, k1.

Work 2nd dec row, then 5th dec
row – 15 sts. Cast off 3 sts at
beginning of next row.

6th dec row: K1, k2tog, k to end.

7th dec row: Cast off 4 sts, p to
last 3 sts, p2tog, p1.

Work 6th dec row – 5 sts. Cast off.
With right side facing, rejoin yarn
at end of dividing row, cast off next
2 sts, k21 sts more, turn and work
on these 22 sts only for forehead.

Forehead: Cast off 3 sts at
beginning of next 2 rows – 16 sts.
Cast off.

Second ear: With right side facing,
rejoin yarn to remaining sts, cast
off next 2 sts, 1 st on needle, k2tog,
k to last 3 sts, skpo, k1 – 28 sts.

2nd dec row: P to last 3 sts,
p2tog, p1.

3rd dec row: K1, k2tog, k to end.
Repeat last 2 rows, once more.

4th dec row: P1, p2togb, p to last
3 sts, p2tog, p1.

Work 3rd dec row, then 2nd
dec row.

5th dec row: K1, k2tog, k to last
3 sts, skpo, k1. Work 2nd dec row.

6th dec row: Cast off 3 sts, k to last
3 sts, skpo, k1. Work 2nd dec row.

7th dec row: Cast off 4 sts,
k to last 3 sts, skpo, k1.

8th dec row: P1, p2togb, p to end.

9th dec row: K to last 3 sts, skpo,
k1 – 5 sts. Cast off.

Join pieces together around
all edges, leaving an opening.
Stuff firmly and close opening.

Bow

Using 3¾mm needles and Pink,
cast on 38 sts.

1st inc row: K2, [inc in next st, k14,
inc in next st, k2] twice – 42 sts.

2nd inc row: P2, [inc in next st, p16,
inc in next st, p2] twice – 46 sts.

3rd inc row: K2, [inc in next st, k18,
inc in next st, k2] twice – 50 sts.
P 1 row.

4th inc row: K2, [inc in next st, k20,
inc in next st, k2] twice – 54 sts.
P 1 row.

5th inc row: K2, [inc in next st, k22,
inc in next st, k2] twice – 58 sts.
Ss 7 rows.

1st dec row: K2, [skpo, k22, k2tog,
k2] twice – 54 sts. Ss 3 rows.

2nd dec row: K2, [skpo, k20,
k2tog, k2] twice – 50 sts. P 1 row.

3rd dec row: K2, [skpo, k18,
k2tog, k2] twice – 46 sts. P 1 row.

4th dec row: K2, [skpo, k16,
k2tog, k2] twice – 42 sts.

5th dec row: P2, [p2tog, p14,
p2togb, p2] twice – 38 sts.

6th dec row: K2, [skpo, k12,
k2tog, k2] twice – 34 sts.

7th dec row: P2, [p2tog, p10,
p2togb, p2] twice – 30 sts.

8th dec row: [K2tog] to end – 15 sts.
Change to 3¼mm needles.
P 1 row.

1st rib row: K1, [p1, k1] to end.

2nd rib row: P1, [k1, p1] to end.
Rib another 7 rows. P 1 row.

Change to 3¾mm needles.
6th inc row: Inc kwise in every
st to end – 30 sts.

7th inc row: P2, [inc in next st, p10,
inc in next st, p2] twice – 34 sts.

8th inc row: K2, [inc in next st, k12,
inc in next st, k2] twice – 38 sts.

9th inc row: P2, [inc in next st, p14,
inc in next st, p2] twice – 42 sts.

10th inc row: K2, [inc in next st,
k16, inc in next st, k2] twice
– 46 sts. P 1 row.

11th inc row: K2, [inc in next st, k18,
inc in next st, k2] twice – 50 sts.
P 1 row.

12th inc row: K2, [inc in next st, k20,
inc in next st, k2] twice – 54 sts.
Ss 3 rows.

13th inc row: K2, [inc in next
st, k22, inc in next st, k2] twice
– 58 sts.

Ss 7 rows.

9th dec row: K2, [skpo, k22,
k2tog, k2] twice – 54 sts. P 1 row.

10th dec row: K2, [skpo, k20,
k2tog, k2] twice – 50 sts. P 1 row.

11th dec row: K2, [skpo, k18,
k2tog, k2] twice – 46 sts.

12th dec row: P2, [p2tog, p16,
p2togb, p2] twice – 42 sts.

13th dec row: K2, [skpo, k14,
k2tog, k2] twice – 38 sts.

Cast off.

Fold bow in half widthways and
join on all three sides, leaving
an opening. Stuff lightly and
close the opening.

Bow centre

With 3¾mm needles and Pink,
cast on 15 sts.

1st inc row: Inc kwise in each
st – 30 sts. P 1 row.

2nd inc row: K6, inc in next st,
k2, inc in next st, k10, inc in next
st, k2, inc in next st, k6 – 34 sts.
Ss 11 rows.

1st dec row: K6, k2tog, k2, skpo,
k10, k2tog, k2, skpo, k6 – 30 sts.
P 1 row.

2nd dec row: [K2tog] to end
– 15 sts.

Cast off.

Fold sides to centre and join cast-
on edge, then row-ends. Stuff
lightly and join cast-off edge. Sew
centre to ribbed section of bow.

To complete

Place bow diagonally below her
left ear on front and secure in
position. Using two strands of
Black and chain stitch, embroider
eyes, nose and whiskers as shown
in the photo on previous page.



This summer, Hello Kitty is on
a mission to spread kindness
across the UK. Why not get
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Woman's Weekly Reader Survey



Hello!

Because we're always working to ensure your magazine is the best it can be, we'd love to know what you enjoy, and don't enjoy, about your *Woman's Weekly*. What do you think are the good bits?

Five readers will each win £50 to spend at



And which are the bits that you feel could do with a bit of a brush-up? Let us know by filling in the questionnaire below. You can post it back to us, or reply online at womansweekly.com/survey. You have until Wednesday 15 July 2015, and every completed questionnaire we receive will go into a draw to win one of five £50 M&S gift cards, so you could get even more than a better magazine from the time it takes.

Thank you and I look forward to hearing from you!

Diane Kenwood,
Editor

A. ABOUT YOU

1. Which of the following leisure activities do you actively take part in?

2. And which are you interested in doing?

	1. Take part	2. Interested
Gardening	<input type="checkbox"/> 1	<input type="checkbox"/> 1
DIY/Decorating	<input type="checkbox"/> 2	<input type="checkbox"/> 2
Shopping	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Swimming	<input type="checkbox"/> 4	<input type="checkbox"/> 4
Exercising	<input type="checkbox"/> 5	<input type="checkbox"/> 5
Going to the gym	<input type="checkbox"/> 6	<input type="checkbox"/> 6
Walking	<input type="checkbox"/> 7	<input type="checkbox"/> 7
Looking after children	<input type="checkbox"/> 8	<input type="checkbox"/> 8
Looking after grandchildren	<input type="checkbox"/> 9	<input type="checkbox"/> 9
Spending time with the family	<input type="checkbox"/> 0	<input type="checkbox"/> 0
UK holidays	<input type="checkbox"/> x	<input type="checkbox"/> x
European holidays	<input type="checkbox"/> v	<input type="checkbox"/> v
Worldwide holidays	<input type="checkbox"/> 1	<input type="checkbox"/> 1
Group holidays	<input type="checkbox"/> 2	<input type="checkbox"/> 2
Watching TV	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Reading	<input type="checkbox"/> 4	<input type="checkbox"/> 4
Cooking	<input type="checkbox"/> 5	<input type="checkbox"/> 5
Craft	<input type="checkbox"/> 6	<input type="checkbox"/> 6
Knitting	<input type="checkbox"/> 7	<input type="checkbox"/> 7
Sewing	<input type="checkbox"/> 8	<input type="checkbox"/> 8
Crochet	<input type="checkbox"/> 9	<input type="checkbox"/> 9
Flower arranging	<input type="checkbox"/> 0	<input type="checkbox"/> 0
Meeting with friends	<input type="checkbox"/> x	<input type="checkbox"/> x
Using the internet	<input type="checkbox"/> v	<input type="checkbox"/> v
Shopping online	<input type="checkbox"/> 1	<input type="checkbox"/> 1
Eating out	<input type="checkbox"/> 2	<input type="checkbox"/> 2
Theatre visits	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Cinema visits	<input type="checkbox"/> 4	<input type="checkbox"/> 4
Going to museums/art galleries	<input type="checkbox"/> 5	<input type="checkbox"/> 5
Meeting with friends	<input type="checkbox"/> 6	<input type="checkbox"/> 6
Pets	<input type="checkbox"/> 7	<input type="checkbox"/> 7

B. ATTITUDES TO WOMAN'S WEEKLY

3. How often do you buy *Woman's Weekly*?

I subscribe	<input type="checkbox"/> 1
Every week but I don't subscribe	<input type="checkbox"/> 2
Every 2-3 weeks	<input type="checkbox"/> 3
Once a month	<input type="checkbox"/> 4
Once every 2-3 months	<input type="checkbox"/> 5
Less often	<input type="checkbox"/> 6
This is my first issue	<input type="checkbox"/> 7
Never, it is given to me by a friend/relative	<input type="checkbox"/> 8
Never	<input type="checkbox"/> 9

4. How long have you been reading *Woman's Weekly*?

This is my first issue	<input type="checkbox"/> 1	20-30 years	<input type="checkbox"/> 5
Under 3 years	<input type="checkbox"/> 2	30-50 years	<input type="checkbox"/> 6
4-10 years	<input type="checkbox"/> 3	Over 50 years	<input type="checkbox"/> 7
10-20 years	<input type="checkbox"/> 4		

5. How long do you spend reading your copy of *Woman's Weekly*?

Less than 1 hour	<input type="checkbox"/> 1	1½-2 hours	<input type="checkbox"/> 3
1-1½ hours	<input type="checkbox"/> 2	2+ hours	<input type="checkbox"/> 4

6. At 94p, what value for money do you think this issue of *Woman's Weekly* represents?

Excellent	<input type="checkbox"/> 1	Good	<input type="checkbox"/> 3	Poor	<input type="checkbox"/> 5
Very good	<input type="checkbox"/> 2	Fair	<input type="checkbox"/> 4		

7. What made you buy this issue of *Woman's Weekly*?

I always buy <i>Woman's Weekly</i>	<input type="checkbox"/> 1
I flicked through and it looked great	<input type="checkbox"/> 2
Good for money-saving ideas and offers	<input type="checkbox"/> 3
Attractive cover	<input type="checkbox"/> 4
An item listed on the cover:	
This Week's Knit: Fun Hello Kitty Cushion	<input type="checkbox"/> 5
Melanie Hill On Her New Role In <i>Corrie</i>	<input type="checkbox"/> 6
How To Live Your Best Life Right Now!	<input type="checkbox"/> 7
Finger-licking Recipes With British Berries	<input type="checkbox"/> 8
Bags Of Style: 24 To Choose From	<input type="checkbox"/> 9
Easy Self-Help For IBS	<input type="checkbox"/> 0
Sew These & Make Laundry A Pleasure	<input type="checkbox"/> x

8. How much did you enjoy this issue of *Woman's Weekly*?

Very much	<input type="checkbox"/> 1	Not very much	<input type="checkbox"/> 3
Quite a lot	<input type="checkbox"/> 2	Not at all	<input type="checkbox"/> 4

9. How do you feel about the amount of coverage of each of the following in *Woman's Weekly*?

	Like more	About right	Like less
	1	2	3
Beauty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celebrity features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Craft	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knitting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fashion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health and wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Puzzles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practical financial advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Real-life stories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rosemary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arts/culture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitions/prizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Which of the following types of fiction would you like to see more or less of?

	Like more	About right	Like less
	1	2	3
Comedy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thriller	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Murder-mystery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drama	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Romance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nostalgic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wartime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Historical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. Listed below, in order, are all the articles in this issue of *Woman's Weekly*. For each item, please tick the box which comes closest to your opinion.

	Did not read	Very interesting	Fairly interesting	Not very interesting	Not at all interesting
	1	2	3	4	5
Editor's letter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Welcome To <i>Woman's Weekly</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celebrity: Melanie Hill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Looking Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Funny Old World	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Time Of Your Life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fashion: Bags	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Try This Trend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fiction: Nothing In Common	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookery: Berry Nice!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Craft: Soap Stars : Laundry makes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knitting: Hello Kitty cushion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gardening: Plant Partners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travel: Bruges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fiction: A Nice Afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dr Melanie: IBS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Choices: Sweating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Here To Help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expert Q&A: Fryers & Grills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Serial: <i>The Outsiders</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puzzles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rosemary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. *Woman's Weekly* publish several specials throughout the year. Please tick which ones you have a) heard of b) read and c) whether you liked or d) disliked them.

	a) Heard of	b) Read	c) Liked	d) Disliked
	1	1	1	1
Fiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Love To Make	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knitting & Crochet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugarcraft	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C. YOUR LEISURE TIME

13. Do you enjoy gardening?

Yes	<input type="checkbox"/> 1	No (skip to Q15)	<input type="checkbox"/> 2
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Continued overleaf

Woman's Weekly Reader Survey

14. How often do you do each of the following gardening activities?

	Regularly 1	Occasionally 2	Never 3
Growing in containers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planting annuals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shrubs/perennials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tree planting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables and fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
House plants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

15. How frequently do you take each of the following and which would be on your wish list?

	Once a year 1	More often 2	Less often 3	On wish list 4
UK holiday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
European city breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
European river cruises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
UK guided tours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
European guided tours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long-haul guided tours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cruises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

16. How regularly do you visit each of the following and which would be on your wish list?

	Regularly 1	Occasionally 2	On wish list 3
Italy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
France	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
North America	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Africa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

17. How much would you typically spend per person on your main holiday?

Up to £250	<input type="checkbox"/> 1	£751-£1,000	<input type="checkbox"/> 4
£251-£500	<input type="checkbox"/> 2	£1,001-£1,250	<input type="checkbox"/> 5
£501-£750	<input type="checkbox"/> 3	Over £1,250	<input type="checkbox"/> 6

D. DIGITAL ACTIVITY

18. How often do you use the internet?

Several times a day	<input type="checkbox"/> 1
Once a day/most days	<input type="checkbox"/> 2
At least once a week	<input type="checkbox"/> 3
Once every 2-4 weeks	<input type="checkbox"/> 4
Less often	<input type="checkbox"/> 5
Never	<input type="checkbox"/> 6

19. What do you use the internet for? Tick all that apply

General shopping	<input type="checkbox"/> 1
Social networking	<input type="checkbox"/> 2
Keeping in touch with family/friends	<input type="checkbox"/> 3
To read magazines/newspapers online	<input type="checkbox"/> 4
To buy hobby supplies	<input type="checkbox"/> 5
To look for inspiration	<input type="checkbox"/> 6
To take part in forums	<input type="checkbox"/> 7
To research holidays	<input type="checkbox"/> 8
To find information	<input type="checkbox"/> 9
For news	<input type="checkbox"/> 0

20. Which, if any, social media do you use on a regular basis? Tick all that apply

Facebook	<input type="checkbox"/> 1	Pinterest	<input type="checkbox"/> 3	YouTube	<input type="checkbox"/> 5
Twitter	<input type="checkbox"/> 2	Instagram	<input type="checkbox"/> 4	Ravelry	<input type="checkbox"/> 6

21. Are you aware that Woman's Weekly has a website, womansweekly.com?

Yes ☐ 1 No ☐ 2 (skip to Q23)

22. How often do you visit womansweekly.com?

A few times a week or more	<input type="checkbox"/> 1
Once a week	<input type="checkbox"/> 2
2-3 times a month	<input type="checkbox"/> 3
Once a month	<input type="checkbox"/> 4
Once every couple of months	<input type="checkbox"/> 5
Only visited it once	<input type="checkbox"/> 6
Never	<input type="checkbox"/> 7

23. Do you follow Woman's Weekly on:

	1 Yes	2 No
Facebook (Woman's Weekly magazine)	<input type="checkbox"/>	<input type="checkbox"/>
Twitter (@Womans_Weekly)	<input type="checkbox"/>	<input type="checkbox"/>
Pinterest	<input type="checkbox"/>	<input type="checkbox"/>
Instagram	<input type="checkbox"/>	<input type="checkbox"/>

24. Do you ever listen to audio books, podcasts or other audio, either online or downloaded?

	Online	Downloads
Yes, paid for	<input type="checkbox"/> 1	<input type="checkbox"/> 1
Yes, free only	<input type="checkbox"/> 2	<input type="checkbox"/> 2
No, never	<input type="checkbox"/> 3	<input type="checkbox"/> 3

25. Have you ever purchased anything from the Woman's Weekly Shop?

Yes, in last 3 months	<input type="checkbox"/> 1	Longer ago	<input type="checkbox"/> 4
Yes, in last 6 months	<input type="checkbox"/> 2	No (skip to 27)	<input type="checkbox"/> 5
Yes, in last 12 months	<input type="checkbox"/> 3		

26. How did you make that purchase?

Coupon	<input type="checkbox"/> 1	Phone	<input type="checkbox"/> 2	Online	<input type="checkbox"/> 3
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27. What have you purchased?

28. And what would you consider purchasing from the publishers of Woman's Weekly?

	Purchased	Would consider
Knitting and craft products	<input type="checkbox"/> 1	<input type="checkbox"/> 1
Holidays	<input type="checkbox"/> 2	<input type="checkbox"/> 2
Plants and gardening tools	<input type="checkbox"/> 3	<input type="checkbox"/> 3
Financial services	<input type="checkbox"/> 4	<input type="checkbox"/> 4
Other	<input type="checkbox"/> 5	<input type="checkbox"/> 5

E. WOMAN'S WEEKLY LIVE! WORKSHOPS

29. Were you a) aware of or b) did you attend the Woman's Weekly Live! event that took place at EventCity in Manchester on 11-13 September 2014?

	1 Yes	2 No
Aware	<input type="checkbox"/>	<input type="checkbox"/>
Attended	<input type="checkbox"/>	<input type="checkbox"/>

30. Woman's Weekly Live! is our annual show featuring workshops and demonstrations in craft, cookery and fiction. Would you consider attending such an event?

Yes ☐ 1 No ☐ 2

Thank you for taking the time to complete this questionnaire. **Terms and conditions** If you wish to be included in our free prize draw, please remember to fill in your name, address and phone number clearly in the space provided below. Only fully completed questionnaires will go into the prize draw. Your replies will be used for statistical purposes, loaded on to the marketing database and for the administration of the prize draw. *Woman's Weekly*, published by Time Inc. (UK) Ltd, will collect your personal information to process your order and alert you of news, new products, services and offers available from *Woman's Weekly* and from Time Inc. (UK) Ltd by email, post and phone. You can unsubscribe from emails by clicking unsubscribe from within the email.

Please return your questionnaire by Wednesday 15 July 2015 to: *Woman's Weekly* Survey, PO Box 286, Woodbridge IP12 9EB

Name Surname

Address

County Postcode

Home tel no (incl code) Mobile tel no

Email address*

*Please write in carefully, making sure you include all the correct punctuation and spacing in your email address.

Woman's Weekly, published by Time Inc. (UK) Ltd, will collect your personal information to process your entry. *Woman's Weekly*, published by Time Inc. (UK) Ltd, will collect your personal information to process your order and alert you of news, new products, services and offers available from *Woman's Weekly* and from Time Inc. (UK) Ltd by email, post and phone. You can unsubscribe from emails by clicking unsubscribe from within the email. Please tick here if you prefer not to be contacted by phone or post. ☐

31. If yes, what is the maximum distance you would be prepared to travel to attend such an event? (Write in)

..... miles

32. Have you ever taken part in or would you be interested in taking part in workshops organised by Woman's Weekly?

	Yes 1	No 2
Taken part in workshop	<input type="checkbox"/>	<input type="checkbox"/>
Interested in workshops	<input type="checkbox"/>	<input type="checkbox"/>

33. What sort of workshops would be of interest to you?

	a) Beginner 1	b) Intermediate 2	c) Advanced 3
Fiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Craft	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cake decorating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knitting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crochet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

F. ABOUT YOU

34. Are you: Female ☐ 1 Male ☐ 2

35. How old are you?

16-24	<input type="checkbox"/> 1	35-44	<input type="checkbox"/> 3	55-64	<input type="checkbox"/> 5
25-34	<input type="checkbox"/> 2	45-54	<input type="checkbox"/> 4	65+	<input type="checkbox"/> 6

36. What is your marital status?

Single	<input type="checkbox"/> 1	Divorced/separated	<input type="checkbox"/> 4
Married	<input type="checkbox"/> 2	Separated	<input type="checkbox"/> 5
Living with partner	<input type="checkbox"/> 3	Widowed	<input type="checkbox"/> 6

37. Do you have any children living with you at home?

Yes ☐ 1 No ☐ 2

38. If yes, please indicate their ages. Tick all that apply

0-5	<input type="checkbox"/> 1	11-16	<input type="checkbox"/> 3	21+	<input type="checkbox"/> 5
6-10	<input type="checkbox"/> 2	16-20	<input type="checkbox"/> 4		

39. What is your own working status?

Working full-time	<input type="checkbox"/> 1	Working part-time	<input type="checkbox"/> 3
Do not work	<input type="checkbox"/> 2	Retired	<input type="checkbox"/> 4

40. What is the total of your combined household income before tax? Tick one box only

Up to £10,000	<input type="checkbox"/> 1	£40,000-£49,999	<input type="checkbox"/> 5
£10,000-£19,999	<input type="checkbox"/> 2	£50,000-£99,999	<input type="checkbox"/> 6
£20,000-£29,999	<input type="checkbox"/> 3	£100,000+	<input type="checkbox"/> 7
£30,000-£39,999	<input type="checkbox"/> 4	Prefer not to say	<input type="checkbox"/> 8

41. Would you be prepared to take part in future research on Woman's Weekly magazine?

Yes ☐ 1 No ☐ 2

Crazy For Crochet Patterns

Printed Patterns
By Post



Summer Coat Crochet Pattern,
£3.99 **WOWE14G00008**



T-Shirt Style Summer Top
Crochet Pattern, £2.99
WOWE14FH004F



Lidded Boxes Crochet Pattern,
£2.99 **WOWE14GI0001**



Tea Cosy Crochet Pattern, £1.99
WOWE62KL5299



Floral Photo Frames Crochet
Pattern, £2.99 **WOWE14GI0006**



Tiny Teddy Toys Crochet
Pattern, £1.99 **WOWE14FH008T**



Guitar Crochet Pattern, £2.99
WOWE14HG0006



Tote Bag Crochet Pattern, £2.99
WOWE14FH006Q



Dog Coat Crochet Pattern, £2.99
WOWE14KS0011

Each pattern will be printed on A4 card and delivered to your door



To order, call 0800 024 1212* or complete the coupon

TO: WWK2032 Crochet Offer, *Woman's Weekly* Shop Customer Care, Blue Fin Building,
Room 06-C06, 110 Southwark Street, London SE1 0SU

Product Code	Product Name	Price	Qty	Total
WOWE14G00008	Summer Coat Crochet Pattern	£3.99		
WOWE14GI0001	Lidded Boxes Crochet Pattern	£2.99		
WOWE14FH004F	T-Shirt Style Summer Top Crochet Pattern	£2.99		
WOWE62KL5299	Tea Cosy Crochet Pattern	£1.99		
WOWE14GI0006	Floral Photo Frames Crochet Pattern	£2.99		
WOWE14FH008T	Tiny Teddy Toys Crochet Pattern	£1.99		
WOWE14HG0006	Guitar Crochet Pattern	£2.99		
WOWE14FH006Q	Tote Bag Crochet Pattern	£2.99		
WOWE14KS0011	Dog Coat Crochet Pattern	£2.99		
Postage and packaging				£0.99
GRAND TOTAL				£

I enclose a cheque made payable to
Woman's Weekly Shop (no cash, please)

for the sum of £
(please write your name and address clearly
on the back of your cheque)

Mrs/Miss/Ms/Mr (delete as applicable)

Name

Surname

Address

.....

Postcode

Daytime tel no (incl code)

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Email address

.....

HOW TO ORDER

Order By Phone Call 0800 024 1212*

MasterCard, Visa or Maestro cardholders can
order direct on this number quoting **WWK2032**.
Lines open Monday to Friday, 10am-4pm, but
closed bank holidays.

Fill In The Coupon Payment must be made
by cheque, sent with the coupon to the
address provided.

**For more patterns, visit [womensweekly.com/
patterncollections](http://womensweekly.com/patterncollections)**

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offers cannot be used in conjunction with other promotions, prices are correct
at time of printing. All correspondence concerning this offer should be sent to:
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Building, Room 06-C06, 110 Southwark Street, London SE1 0SU.** Items
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notified if a longer delay is expected. *Call charges from mobiles and non-BT
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Plant Partners

Create maximum impact in your borders with plant partnerships made in heaven, says **Adrienne Wild**

Rosa 'Sanders White' trained above lavender at Mill Dene Garden, Gloucestershire

For success in your planting schemes, fortune favours the brave. The most experienced gardeners will tell you that great plant associations often just happen, so my advice is to experiment. After all, you can always dig up your mistakes and move them to a more appropriate spot.

Euphorbia

This class act offers everything from imposing architectural structure and foliage in a variety of colours to frothy flower bracts all summer. There's also one to suit every situation, from hot dry soil, bog to shady woodland and patio pots.

Euphorbia characias and carex or sedge is a perfect, modern pairing for patios, while the sculptural, bluish subspecies *wulfenii*, looks amazing as a statement plant in a Mediterranean-style planting scheme.

E. griffithii 'Fireglow' will romp away in boggy ground and prove to be a good



Astilbe x arendsii
'Red Sentinel'



Euphorbia griffithii
'Fireglow'

bedfellow for the bronze-leaved rodgersias and red-flushed astilbes.

Allow plants to sprawl naturally, cutting out only the dead stems as they appear. Always wear gloves when handling them, as the sap, which bleeds profusely when a stem is snapped, is an irritant.

Lavender

Lavender is perfect for giving flower beds a fashionable 'boho' look when planted next to perennials in pastel shades of blue, lavender, pink and white. The most striking varieties are *Lavandula angustifolia* 'Hidcote' and 'Twickel Purple' that can also be used for making mini hedges. Its best friends are roses and scented lilies.

They also make good companions for herbs and will make an effective combination when planted alongside the daisy-like blooms of echinacea.

Full sun is a must for drought-busting lavender. Young plants will take about three years to reach full size, so if you want instant results buy large plants and, to encourage bushy growth, cut back not only the flower stem but also about a third of the stems.



Hardy geranium

Soft colour tones are ideal for wild and dreamy, cottage-style planting – and good old-fashioned plants like hardy geraniums, casually arranged and allowed to self-seed, will help create the impression that Nature has created your clever, haphazard mix.

If you have lots of room and want the plants to roam freely, then grow *G. phaeum*, which has small but striking purple-brown blooms against fresh green leaves.

An eye-catching pair is the cerise-coloured *G. psilostemon* and clary or *Salvia sclarea* var. *turkestanica* – both will tolerate shade and poor soil.

Geranium psilostemon 'Ann Folkard' framed by a background of salvias

Salvia sclarea var. *turkestanica* 'Alba'

Achillea

The horizontal flower heads of achillea, or yarrow, make them indispensable border plants, especially as they remain almost picture-perfect from July through to September. They are a must-have for late borders, especially for prairie-style schemes that feature ornamental grasses and the cone-shaped flowers of echinacea.

The flat yellow heads of *Achillea filipendula* contrast especially well with bold, round blooms and vertical flower spikes. A classic combo is Achillea 'Coronation Gold' with the glowing, red-tipped flower heads and grassy foliage of kniphofia 'Atlanta', and golden day lilies.

Achillea 'Coronation Gold' and *Kniphofia* 'Atlanta'

Hosta

Hostas and ferns were made for one another. Both have amazing leaves and will grow in shade and moist soil, although some ferns thrive in dry conditions. Experiment to achieve the best effects, although you won't go far wrong with hostas like 'Thomas Hogg' or *H. fortunei* var. *albomarginata*, which have green leaves with creamy coloured margins, with the common male fern, *Dryopteris filix-mas*.

Hostas also enjoy the company of leafy ground-huggers like heucheras, lysimachia, ajuga and dicentra.

When planting, always mulch to help retain moisture at the roots. And don't forget to put down slug traps – otherwise your hostas may end up resembling lace curtains!

Leafy loveliness – ferns and hostas

Artemisia

If you find you lack flair when using colour, you won't go wrong if you plant silver-grey leaves in your borders to create a buffer between other shades.

To lift a gloomy garden, scatter silver-leaved artemisia and white flowers through the bed and combine with pink and purple shades to evoke a soft, romantic mood.

Experiment and you soon discover that even mismatched colours such as dark blue and purple can be made to work when sprinkled with silver. Try Artemisia 'Lambrook Silver' or 'Silver Queen' with eryngiums and santolina to create a contemporary scheme in a dry gravel plot.

Artemisia 'Lambrook Silver' helps punchy red campions to jump out

Eryngium x oliverianum

My Gardening Delights

With Gardening Editor **Adrienne**



✿ At this time of year I always keep my eyes peeled for free seedlings emerging in my flower beds. I expect to find promiscuous plants like lupins, hellebores aquilegias, which self-seed freely, and I'm always hopeful to find splendid changes to the parent plants, such as a new colour flower.

✿ Now is a good time to set up self-watering devices on the vegetable plot to take over when you go away for the weekend. My quick fix involves putting a plastic bottle – minus the lid and with the bottom cut off – top down into the soil between the plants. The 'tank' is filled with water that is siphoned off by the plant roots as the compost begins to dry out.

✿ If you're looking for a mini shrub that's big on impact, then consider *Potentilla fruticosa*. Growing to a height of just 90cm, the variety 'Primrose Beauty' is perfect for adding a bit of sunshine to any border from June through to October.

Photos: Alamy, GAP, iStockphoto.com

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'Barnsley Baby'

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Chill Factor

Awash with culture, cobbles and chocolate, you can't beat a relaxing break in Bruges, says Gillian Thornton



Heritage craft – lace is still being made by hand

Great For

Culture Vultures

Small enough to feel intimate, but full of character, the UNESCO-listed city of Bruges is still big enough to offer a tempting range of must-do cultural and culinary adventures.

Best of all, it's very accessible from Britain. You can travel there by Eurostar from London St Pancras to Brussels, changing there for a local train, or take your car across the Channel for the short drive to Bruges – around one hour from Dunkirk and 90 minutes from Calais. After breakfast in England, you could be sitting down to lunch and a Belgian beer by a picturesque canal.

Bruges must-dos

The first stop for most visitors is Market Square with its colourful Guild houses and towering belfry. There are 366 steps to the top but it's worth the climb for the stupendous view. Reward yourself afterwards at one of the

many cafes round the square, with a bag of famously good chips from one of Bruges' street stalls, or perhaps with a relaxing tour by horse-drawn carriage.

Make sure your camera (or phone) battery is fully charged because there's a new picture round every corner. The Rozenhoedkaai quayside near the belfry is one of the city's most photographed spots, as is the tranquil inner courtyard of the Beguinage. Founded in 1245, its whitewashed houses are now home to the sisters of the order of Saint Benedict.

A rich history

Compact Bruges is very easy on the feet, with all the main attractions within easy walking distance, but no visit would be complete without a boat trip to see the buildings from water level (around €8 for half an hour). An important river port from the 12th century, the city's Golden Age began in the 14th century when Philip the Bold, Duke of Burgundy, married Margaret, daughter of the last Count of Flanders. Suddenly Flanders became Burgundian, and the city buzzed with noblemen, merchants and artists, attracted by the court, which often stayed here. Fine arts flourished and many important private houses and public buildings were built. Bruges' City Hall, built in 1376, is one of the oldest in the Low Countries and



The attractive Market Square

Bruges boasts 16 museums, from art to archaeology and folklore to furniture. There's even one for Belgian fries – of course. The latest additions are the Lace Museum in the historic lace school, and the Beer Museum on Market Square.

an exhibition on the ground floor charts the evolution of Burg Square outside its Gothic facade.

If some of the sites look familiar as you walk around the Old Town, it could be because Bruges is a favourite with film directors. The black crime comedy *In Bruges*, starring Colin Farrell and Brendan Gleeson, was an obvious showcase for this picturesque city, but its period settings have often doubled for other locations. The recent BBC dramatisation of Philippa Gregory's medieval novel, *The White Queen*, was shot here – pick up a locations leaflet from the Tourist Office in Market Square to find out more.

History fans can travel back to the 15th century at the Historium on Market

Woman's Weekly Travel

Great For Tranquil Travellers

Invest €5 in the comprehensive Bruges City Guide and follow the 4km trail 'Strolling through silent Bruges' to discover quiet neighbourhoods, windmills and Cafe Vlissinghe, the city's oldest, founded in 1515.



St Janhuis windmill



The whitewashed houses of the Beguinage

Square, where film, music and special effects combine to whisk visitors back to the Middle Ages, when painter Jan Van Eyck was at work in his studio. The Groeninge Museum includes masterpieces by Van Eyck and other Flemish 'Primitive' painters, but also masterpieces of Flemish Expressionism and post-war modern art.

A taste of Belgium

When it's time to feed the body rather than the soul, Bruges boasts an impressive variety of restaurants, including seven with Michelin stars. For classic Belgian fare, take a tip from the locals and try De Vlaamsche Pot on Helmstraat, a family-run

bistro where chef Mario Cattoor serves dishes from his grandmother's recipe book. Belgium is famous for its beer and Bruges has two local brews, Straffe Hendrik and Brugse Zot, both from De Halve Maan Brewery. Beer not your thing? The city is home to more than 50 chocolatiers making not just traditional varieties but innovative new flavours, too. There's even an official city chocolate, the Bruges Swan (Brugsch Swaentje), a white swan filled with a secret mix of spices and local biscuit, which is produced by members of the Bruges Chocolate Guild. Any of it makes a great edible gift for friends, or for yourself, but for

a calorie-free treat, buy a piece of hand-made Bruges lace. Far from being a dated embellishment, this delicate handicraft is much in demand with today's young fashion designers.

When darkness falls, Bruges casts a different kind of spell as civic buildings are illuminated, lights shine out from historic buildings, and reflections shimmer in the canals. Whether

you sit on a cafe terrace on summer evenings or settle down in front of a cosy log fire on a winter break to enjoy some authentic local cuisine, it's an unforgettable city at any time of year.

❖ For tourist information, visit bezoekers.brugge.be/en. Gillian stayed at Alegria, a family-run three-star hotel with courtyard garden close to Market Square (alegria-hotel.com).

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Photos: Alamy, iStockphoto.com



Great For

An idyllic setting for love – and not a padlock in sight!

Romantics

Close to the Beguinage is the tranquil Minnewater, or 'Lake of Love' – the Dutch word *minne* means love. Watch the swans, the symbol of the city, and walk over the lake bridge with your partner to ensure eternal love, as local tradition has it.



Craft Assistant, Esme

Why You'll Love... Dorchester

What I did...

We spent a sunny day stretching out below the cliffs on West Bay beach, which you might recognise as the main location for TV's *Broadchurch*. We also walked between the villages of Maiden Newton and Cattistock, spotting local wildlife and admiring their beautiful churches. Of course, we couldn't leave without paying a visit to the statue of novelist Thomas Hardy in town.

Where I stayed...

In a traditional cottage with a thatched roof in the serene spot of Maiden Newton. For similar spots, try holidaylettings.co.uk.



As seen on TV – West Bay

What I ate...

Tasty fish dishes with a Caribbean twist at Trinity Bistro, tucked away down a little alleyway on Trinity Street in town, and bags of cut-price loose chocolates from the House of Dorchester factory shop (hodchoc.com) – I'd recommend the Eton Mess truffles.

NEXT WEEK
Lanzarote

Woman's Weekly Travel Offers

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'I'm £600 Richer!'

Get more for your money with Quidco

Project leader, Gillian Dagless, 39, lives in Newcastle with her husband Paul, 45, and their children Jack, 11, and Callum, six. She says, 'I never used to be a big online shopper, but my colleague Sarah kept going on about something called Quidco.'

'You get cash back if you use it to shop online,' she said. I'd never heard of it before, and it didn't sound like my kind of thing... until she showed me her account. She explained that she'd been paid money just by buying the things she'd normally buy online.

'That sounds good,' I said. And, in March 2011, I signed up. At first, I just bought small things. A dress here, a CD there. But when I looked at how much cash I got back, and how quickly it went into my account, I became hooked.

'We're going away this summer, and getting money back makes it even sweeter!'



Gillian with her sons, Jack and Callum

Getting into the habit of using it was easy, too. Suddenly, online shopping was a lot more appealing! I use Quidco for my car insurance and train journeys. It's great for buying clothes for the kids, too. But it doesn't stop there. I've used it on a P&O cruise, and even got £140 back for booking our holiday to Florida through Virgin. We're going away next summer, and getting money back makes it even sweeter! From M&S to Groupon, I use Quidco for everything I buy now. So far, I've had £600 cashback. I'm so glad Sarah raved about earning money with Quidco. I do exactly the same thing now!

'Quidco is great!'

'I've earned and saved money by using Quidco to sign up for services including Sky, a new phone contract, WeightWatchers, life insurance... and I also use it every time I order a takeaway! It's all come in handy while I've been on maternity leave. I'll definitely continue to use the service and I've recommended it to my family and friends.'

Michelle Green, Wolverhampton

'Cashback is a lovely surprise'

'I love Quidco, because I just do my normal shopping online but I get money off and cashback. The cashback is always a great little surprise each month that I can treat myself with! I couldn't believe how many retailers are now in partnership with Quidco, so it's the first website I go on when I'm shopping online.'

Amie Brotherton, Northamptonshire



'I love Quidco because it's so easy'

'Earning money for buying goods – from insurance to clothes – what a brilliant idea! I've signed up friends, too, so we're all winners. I joined Quidco a couple of years ago now, and still use it as much as I did then. I've saved a lot of money, too, with promotional vouchers and then earned cashback as well. Fab! The best bit was paying for a holiday and then, when I came back, being given cashback, too!'

Karen Budgen, UK

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You can also earn cashback in-store with some of the UK's biggest retailers, if you register your credit and debit cards on the Quidco website.

This is my front door. The key's a bit stiff but finally it turns and I let myself in. The first thing I do is wipe my feet, exactly as my mother taught me. I'd take my shoes off, but then I'd have to put them on again. There's bending involved and I'm not sure if. But I know how to wipe my feet, so I do, for a long time. I don't like dirt on my carpets.

The next thing I do is the thing I've done all my married life. "Joe! I'm back," I shout. No reply. It's a nice day. Warm, just right for pottering in the greenhouse. That's where he'll be. Either there or dozing in the chair. I'll make him a cup of tea. A biscuit.

Straight ahead is the kitchen. I don't look at the pictures hanging on the wall on the way there. My eyes aren't good. Sometimes they get muddled. I was sure there was a picture of a lady in a crinoline there but no. It's a mirror. I'm getting old. Tired eyes, tired feet, tired muddy feet. A cup of tea. Where was I?

My kitchen. Sometimes I don't remember what it looks like when I'm away from it. I had it in my head and then I got here and.

Sometimes Joe moves things. He'll deny it. He always does.

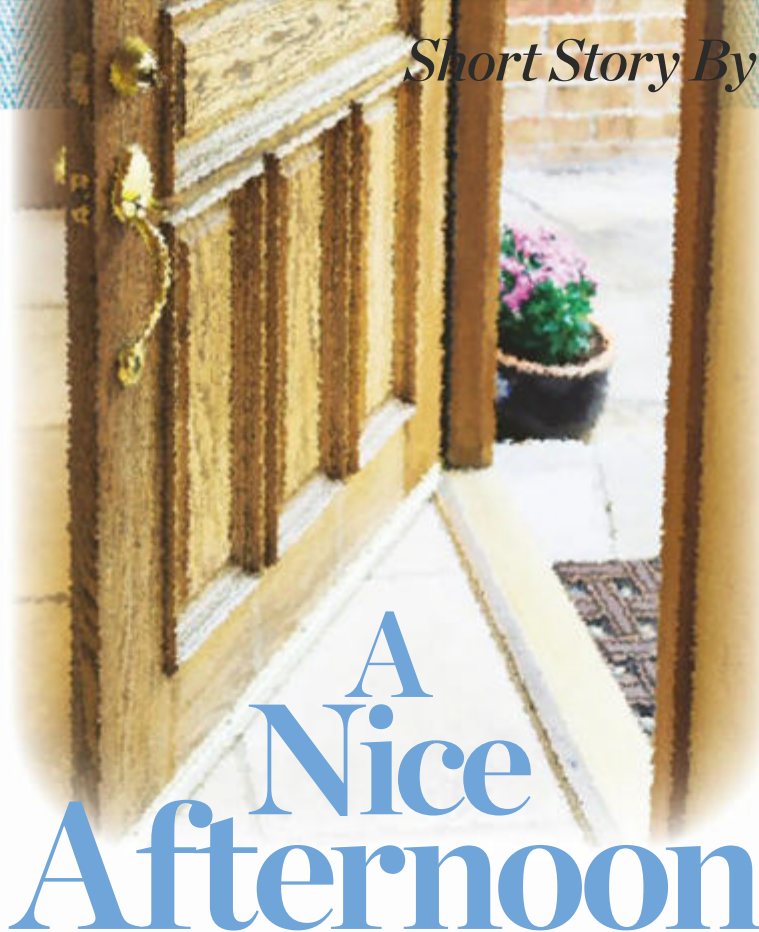
But today I've caught him out. I'm in every cupboard trying to find the tea. Heaven knows where he's hidden it this time.

Someone's brought the shopping. There's everything here. Tins. Packets. Fruit – yellow, orange, red. I think I'm going to have to have a word. No use leaving it to Joe. They'll have given us someone else's order because I don't know what half of this stuff is. And we're only on a pension. How can we?

A glass of water. A sit still. I know that view from this chair. The garden. It's changed over the years. There was a swing. There was a. The children played in it. Splashed water. Shouted. Ran. Screamed with laughter. Joe would spray them with the thing he used to wash the car. Hot days.

And snow. We built snowmen. Stones for his eyes. A hat. One of Joe's. A scarf to keep him warm.

Warm. It's lovely and warm sitting here. The sun comes in



A Nice Afternoon

It's lovely and warm sitting here. But there's something I was going to do...

through the window and folds itself over me. Wraps me up. Dances along my arms. There's something I was going to do.

I must have dropped off. This is what happens. I'm sitting in a room I think I know. Except it's not how I remember it. It's too. It's not. It's like. Like someone lives here who is not me. And there's a woman. And a. What

somewhere else. Kicking a ball outside with his friends, not here. He looks at the woman. The woman looks at him. She smiles at him. 'Be patient,' her smile says.

"I'm your daughter," she tells me.

"I'll make a cup of tea," he says. Shuffles over to the kettle.

That's not my kettle. I don't think it's my kitchen after all.

I'm sitting in a room I think I know. Except it's not how I remember it

have I done wrong? My mother used to tell me the coppers would come for me one day if I was bad. "Hello."

The woman has kind eyes. A sweet face. She reminds me of.

"It's Jenny," she says.

"Do I know a Jenny?" I ask her.

She's wearing her coat. Her shoes. Did she wipe her feet? That policeman, too. Big feet, policemen. Size nines. My father was a. What was my father?

The policeman shuffles those feet. Scratches his head. He's like a small boy who wants to be

And the she.

"My daughter?" I say. "Really?"

She takes my hand. Squeezes it. Squeezes warmth into it. Squeezes love.

"I am," she says. "Remember?"

"Of course," I reply.

But no. But how lovely.

"And him," I say. He's opening the cupboards. Looking for.

Something to drink out of.

Something to put sugar in and

stir. "What's he doing here?"

Am I in trouble?"

Did I wipe my feet?

"You're not in trouble, Mum."

"Not in trouble at all, Mary," he echoes.

They hold each other's gaze. I know that sort of look. Hers says, 'I trust you. Thank you. You're kind.' His says, 'I'd like to get to know you better.'

"They called the police. The people who live here now. They didn't know what to do when they saw you sitting in their kitchen. Again."

Again? What is she talking about? And what people? This is my house.

"Mick – PC Tranter – had my number from last time. He called me. So here I am."

"Did you wipe your feet?" I ask her.

"I did. Though I can't be sure about him."

Her eyes sparkle. She's teasing him. His eyes sparkle back. He likes it.

"You don't live here any more, remember, Mary? You have another home now. When you've had your tea I'll take you back," he says.

But what about the? What about her?

"Don't worry, Mum," she says and squeezes my hand again. "I'll come, too. Make sure you're settled in."

There's something else.

"The key," she says. "I think perhaps..."

It's lying there on the table. Shiny still, after all these years.

"I should have taken it the last time," he says. "Only I didn't want to upset her."

"Are you talking about me?"

I say. "I'm not upset. And where's that tea?"

I'm tired now. And I want to go home. This place. It's far too big. I don't know why we have to sit here and drink tea. It's not even very good tea.

"Do you think you can take me home now?"

The man and woman exchange smiles. I think they know each other. Perhaps they're a couple. They certainly look like one.

"Up you get," he says.

He takes my arm while she takes my other. It's been a nice afternoon.

THE END

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Mel is a freelance GP from the Stockport area, with more than 30 years' experience

Dr Melanie

The Latest Advice On Irritable Bowel Syndrome

Surgery News

Heart Attacks In Younger Women

These aren't common, but women under 55 are more likely to have

poorer health and quality of life in the year after a heart attack than men of the same age, according to US, Spanish and Australian researchers. Angina and physical limitations are more common in these women, who may have more cardiovascular risk factors, including poor lifestyle. But if we stop smoking, exercise, drink moderately, maintain a healthy weight and eat a healthy balanced diet before a heart attack strikes, we may avoid one altogether.

True Or False?

Remembering something important may stop us remembering something else.

True, according to UK researchers who say our brains may 'dump' less relevant memories, in order to concentrate on those that matter. Clever brains!

Prescription Costs

The cost of prescriptions in England and Wales rose to £9.16 billion last year (£8.91 billion in 2013). More than 80% were issued by their active ingredients, rather than by brand, as this is generally cheaper for the NHS. So that is why your medicines may look different each month. The five most expensive areas were drugs for diabetes, asthma or chronic lung disease (steroid inhalers), pain, epilepsy and oral nutrition products (including for cow's milk allergy). We can all help keep costs down with regular medication reviews and requesting only what we need.

There's some new guidance on treating this distressing condition

Irritable bowel syndrome (IBS) means your bowel doesn't function as smoothly it should, and this can lead to uncomfortable symptoms.

The cause isn't known, although it could be linked to disturbances in the nerves that control regular onward movement of waste in the colon and relay pain or discomfort to the brain.

It affects up to one in five people (and more women than men) and usually starts in early adulthood.

Stress or lifestyle can make IBS worse, or it may be triggered by bowel infections or bacterial 'overgrowth' – a disturbance of the small bowel's normal low bacteria count or pattern.

NICE (National Institute for Health and Care Excellence), which advises on NHS treatments, has recently issued new guidelines for ruling out other conditions, and listed treatments.

The symptoms

IBS often causes abdominal pain or discomfort, bloating

or a change in bowel habit (ABC symptoms) for at least six months. Symptoms can be made worse by eating, and you may strain to open your bowels, rush to the loo, feel you haven't 'been' properly, suffer incontinence or pass mucus. Stools may be loose, hard or vary between the two.

IBS can also cause nausea, backache, bladder symptoms, fatigue, anxiety or depression, as it often affects wellbeing, work and social activities.

Many of these symptoms can also be caused by bowel, ovarian or other abdominal cancers, coeliac disease (gluten sensitivity) and inflammatory bowel diseases such as Crohn's disease or ulcerative colitis. So, if symptoms are severe, last more than three weeks or you have 'red flag' symptoms (such as unintentional weight loss, feeling easily full, a tummy lump, loose stools for six weeks or bleeding from the bowel or vagina) see your GP straightaway.

9 Ways To Help IBS

- 1 Keep a diary to see what helps or makes symptoms worse. Smartphone apps, such as Patient IBS, are great.
- 2 Eat at regular intervals and don't rush meals.
- 3 Take daily exercise, and try relaxation techniques or mindfulness.
- 4 Experiment with your fibre intake. Soluble fibre (found in oats) may suit you better than wholegrains.
- 5 Have at least eight drinks of water or herbal tea a day. Restrict tea and coffee to no more than three cups.
- 6 Reduce alcohol intake and fizzy drinks, and avoid sorbitol sweeteners.
- 7 Try probiotic yogurts. You'll need to eat them for at least four weeks for them to start working.
- 8 Seek medical advice before permanently excluding any food groups from your diet.
- 9 For more advice, contact the IBS Network (theibsnetwork.org) on 0114 272 3253, or visit nice.org.uk/guidance/cg61.

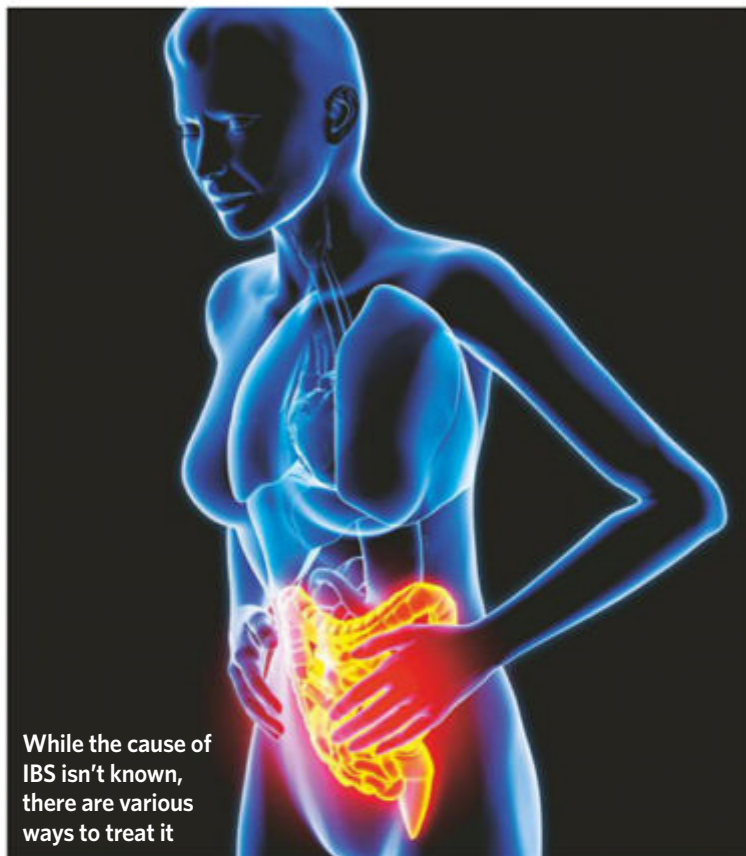
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Our phone lines give you access to professionals who can offer you help and advice

Dr Melanie Wynne-Jones helplines

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IBS 0904 470 0683 Varicose veins 0904 470 0684
Heartburn 0904 470 0685 Heavy periods 0904 470 0686

Calls last approx four mins. BT calls cost 66p per min. Costs from other networks may be higher. the bill payer's permission. Service provider: Spoke Ltd 0333 202 3390



While the cause of IBS isn't known, there are various ways to treat it

The tests

There's no actual test for IBS but your GP will need to examine you, and may suggest checks to rule out other conditions. These include blood tests for things such as inflammation, anaemia, coeliac disease and thyroid disorders. She may refer you to hospital for other tests, including an ultrasound, CT and/or MR scan of your tummy. You may also be referred for a bowel X-ray (barium enema) or colonoscopy (telescope examination of your bottom and bowel). This can be uncomfortable so you'll be given a sedative.

You may also be asked to provide a stool sample and/or breath test for lactose

intolerance, infections and bacterial overgrowth.

Your medication

Your GP can help you to tailor this to your symptoms, and some products are also available from your pharmacist.

Taking laxatives can regulate your bowel and ease pain and bloating, as can antispasmodics including mebeverine and peppermint oil capsules. NICE now recommends a prescription antispasmodic called linaclotide.

Loperamide relieves diarrhoea and urgency, while small doses of antidepressants, such as amitriptyline, can help the nerves that control the bowel.

Your GP may also suggest psychological therapy or medical hypnotherapy.

Jan de Vries alternative helplines

Osteoporosis 0904 470 0812 Bladder problems 0904 470 0813
Rheumatism 0904 470 0814 Losing Dad - how will Mum cope?
0904 470 0871 Depressed 0904 470 0873 Arthritis 0904 470 0874

From 1 July, calls will cost 65p per min plus your network access charge. Users must be 18+. You must have

Q I often used to get sunburnt, so I'm getting worried that I could develop skin cancer. Should my skin be checked regularly?

A Skin cancer affects 250,000 people annually in the UK, yet more than 70% of us still get sunburnt each year, even though a history of sunburn doubles our risk of developing malignant melanoma, the most serious form.

The NHS will check people who notice changes in their skin or who have already had skin cancer, and the British Association of Dermatologists says the rest of us should check ourselves every month. But a recent survey it conducted says that 96% of us don't, and in any case, three-quarters of us don't know what to look for.

New moles, ulceration or changes in the size, shape, thickness, surface, colour or borders of existing moles should always be shown to your GP promptly. Also, roughened, dry or raised red/pink/brown patches may be a sign of actinic keratosis (early sun damage), which will also need treating.

You could also ask someone to check your back if necessary, take photos to help you monitor existing moles or pay a private mole clinic for regular checks.

Avoid further sunburn by using sunscreen and a hat, covering up and staying in the shade from 11am to 3pm.

Q I tripped and broke my wrist recently. I'm only 55 - shouldn't my bones be strong enough to cope?

A If a bone breaks when you fall from standing height or less, this is called a fragility fracture, and suggests your bones may be weaker than expected (usually due to thinning/osteoporosis).

The National Osteoporosis Society (NOS) says half of all women and one in five men will suffer a broken bone after the age of 50, and recently set up standards and resources to support nationwide Fracture Liaison Services to save lives and money by finding people who are at risk of further fragility fractures.

They are more likely if you have a family history osteoporosis, an early menopause, take steroids or some breast cancer drugs, are underweight, smoke or drink alcohol excessively, or have conditions such

as rheumatoid arthritis, eating disorders, coeliac disease or thyroid disease.

So you'll need an assessment of your risk factors and your calcium and vitamin D intakes, and possibly a DEXA bone scan to check for osteoporosis.

You may also be advised to take bone-building drugs (called bisphosphonates) as well as calcium or vitamin D supplements.

For more information, call the NOS helpline on 0845 450 0230, or visit nos.org.uk.

Over half of women will break a bone after the age of 50



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Excessive Sweating

The Conventional Way

Upgrade your antiperspirant If a regular antiperspirant doesn't control your hyperhidrosis (the medical term for excessive sweating), your GP can prescribe one containing aluminium chloride, which works by 'plugging' the sweat glands. You'll need to apply it at night and wash it off in the morning. Perspirex Plus Antiperspirant Roll-on (£8.49, Boots) is a good option.



See a hyperhidrosis specialist They can advise on new treatments, such as Laser Sweat Ablation (LSA), which uses laser technology to remove the sweat glands, or miraDry, which uses electromagnetic energy to destroy the glands. They're both effective but not cheap – miraDry treatment starts at around £1,495. See miradry.co.uk or sweatSMART.co.uk.

Watch your water intake Drinking too much water can result in hyperhidrosis. Professor Mark Whiteley (thewhiteleyclinic.co.uk) says, 'You only need 1.5ltr of any fluid – including hot drinks and water in food. Unless you have a condition requiring lots of fluid (like kidney stones), drink when you feel thirsty – not because you think you should.'



The Complementary Way

Take liquorice If sweating is caused by stress, a liquorice-root supplement may help. Dr Marilyn Glenville (marilynglenville.com) says, 'It can act as an 'adaptogen' – assisting your adrenals as 'shock absorbers' – to cope better with stress, preventing a trigger-happy reaction of excessive adrenaline release.' Try Bio-Health Liquorice Root (£7.49 for 60 capsules, nutriceut.com).



Tackle any anxiety Although not directly responsible for causing primary hyperhidrosis, feeling anxious can make matters worse and create a vicious cycle. Medication for anxiety is not usually recommended because it can make sweating worse. But cognitive behavioural therapy (CBT), a type of talking therapy, might help, so discuss this with your GP, who can refer you. Visit nhs.uk for more information.

Try Botox Botulinum toxins are a clinically proven treatment for hyperhidrosis, preventing the sweat glands from producing sweat. 'Commonly treated areas include the upper face, underarms, hands, feet and groin,' says Dr Priya Manickavasagar, (meliorclinics.co.uk). Effects last six months and it costs around £285.

How The Experts Keep Healthy



Susanne Haar, a homeopath and pharmacist at Nelsons Homeopathic Pharmacy, reveals how she boosts her health and wellbeing

What's in your medicine cabinet?

Homeopathic remedies, such as Nelsons Nux Vom for when I have overindulged in food and wine, arnica for bumps and bruises and Bach Rescue Night for when I struggle to get to sleep.

What's good in your fridge?

Eggs – they're among the few foods that I would classify as a 'superfood'. They're rich in protein and contain lots of essential nutrients. Eggs are a source of 'good' cholesterol that lowers

the risk of heart disease and stroke, plus lutein, zeaxanthin and vitamin A for good eyesight (helping prevent macular degeneration and cataracts), as well as all the essential amino acids that humans need. They're also very filling.

What's your favourite exercise or health routine?

Long walks first thing in the morning with my dogs.

What's a special treat?

Putting my feet up and watching a good film. I like *Sherlock Holmes*.

Is there a childhood or old-fashioned remedy you still use?

I gargle with salt water for any mouth infections or a sore throat.

Not As Good As You Think

Statins For Elderly People

Statins can prevent heart attacks in older people – but US researchers have warned that the side effects of muscle weakness and 'brain fog' may outweigh the benefits. Oregon State University's Professor Michelle Odden says, 'Physical and cognitive independence are two things that are very important to older adults. Both conditions are so impactful that a small increase in risk may not be worth the gains in cardiovascular health.'



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Here To Help

Coach, counsellor and writer **Keren Smedley** has worked for more than 20 years helping people to make positive changes to their lives

Tell the school to tackle the taunts

Q I'm a first-generation Muslim woman living in a diverse community with many different cultures. I understand that everyone's concerned about children becoming radicalised – I worry about it, too. My children are teenagers and they've had talks at their school about this. Everyone's been asked to report any suspicious people or conversations. But they've come home and said that some of the other kids are now taunting them about being terrorists or coming from a family of terrorists. I don't know how to help them deal with this.

Name withheld

A This must be very difficult for them. The coverage in the press of instances where young people have been radicalised may have led to their schoolmates having a distorted point of view. Have you spoken to the school? It's important they know that the talks they set up have had a backlash and they now have to deal with this. Explain to your children that you think sometimes people get the wrong end of the stick. Rehearse with them a short reply when they just say something like, 'Thank you for your comment,' and then walk away. This is not the time to engage in a defensive conversation as that may result in further goading. Suggest they talk to their close friends so they can back them up if they overhear any insults. And finally, tell them to always tell you so you can inform the school.

Don't let the age difference stop you

Q I know you'll say I need to pull myself together, but I've fallen in love with my gym instructor. He's so nice to me and really seems to understand me. I'm 48 and single after a divorce, so I could do something about it, but he's probably 20 years younger

How can I reassure my jealous partner?

Dear Keren

My husband left me for someone else, but four years later he got in touch and suggested meeting up. By then I was in a new relationship with someone I thought I loved – but when I saw my husband again, the spark was still there and we started a secret affair. Eventually, I left my partner to live with him – but my former husband cheated on me yet again. Nevertheless, my ex-partner forgave me and asked me to come back as he said he loved and missed me. But now he's become very jealous. He asks me where I'm going, how long for and who with, even if I'm just going to the shops. He checks my phone and emails, too. It's becoming suffocating.

Reading a partner's texts or emails is never acceptable

Heather, Mansfield

Looking at the relationship history, it's understandable that he feels anxious. You left him once and only returned when that didn't work out. And, if I'm blunt, you lied and cheated on him, which inevitably leads to mistrust. Although he clearly loves you and wants you in his life, he's yet to be able to trust you fully again. It sounds like he's feeling very insecure and unsure about where he stands in your life.

The sad thing about jealousy is that the person's behaviour becomes intolerable to the object of their jealousy and they end up losing the very person they desire. So the best way to manage a jealous partner is to

talk to them. Tell him you understand his concerns and that you'd like him to talk to you and you'll try to understand his fears and do the things that would help him feel better. Don't dismiss his concerns as stupid or over the top – that will just increase his anxiety as it will appear defensive.

If you're able to talk this through and be supportive, you'll give him the opportunity to move beyond these feelings and begin to recreate a secure attachment with you, where he can relax and allow you to do things on your own. You also need to state what you can accept in terms of questioning and that reading your mail and texts is never acceptable.

than me and I imagine he sees me more as a mother figure than a lover.

Lindy, Colchester

A On the contrary, why don't you go for it? Although most people have relationships with people of a similar age, not everyone does. You're both adults. If you think the feelings are reciprocated, you could suggest a coffee and see if he takes this up. Don't be too upset if he doesn't,

particularly as you suspect it's unlikely. What this does highlight is that you're ready to date again, so consider where else you could meet people of a similar age to you.

Email WomansWeeklyPostbag@timeinc.com Write to Here To Help, *Woman's Weekly*, 110 Southwark Street, London SE1 0SU Visit Keren's site at experiencematters.org.uk

KEREN'S HELPLINES

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Concerned about memory loss? **0904 470 0717**
When your children leave home **0904 470 0831**

How to cope with ageing parents **0904 470 0719**
Coming to terms with loss and grief **0904 470 0804**
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Expert Q&A



*This Week:
Caroline On...*

Fryers And Grills

Q What's the best way to cook fish and chips at home?

I love the crunch of deep-fried battered fish, but a stove-top pan is a fire hazard. It's better to use a plug-in deep fryer with a thermostat that cuts out if the fat gets too hot. Prices start at £20 for a basic one. Russell Hobbs makes a good selection, including the Digital Deep Fryer 17942, £54.99. It has a 3.3ltr capacity and variable temperature control. For restaurant-style fries, Sage's Smart Fryer, £129.95, is made to the exacting standards of TV chef Heston Blumenthal. It has a twice-fried chip preset for extra-crispy results, plus settings for fish, calamari and doughnuts.



The Digital Deep Fryer 17942, £54.99, Russell Hobbs, offers precise frying times

Q What is a low-fat air fryer?

This newer type of fryer uses just a spoon of oil and circulates heated air to cook the food. Great for chips, the Philips Viva Collection Airfryer, £180, can also grill, bake and roast. The non-stick



Fry fish or make a risotto with De'Longhi's Multifry, £159.99



Philips' Viva Collection Airfryer, £180, can fry, grill, bake and roast

drawer and food basket are dishwasher-safe, so cleaning up is a breeze. And for true multitasking, take a look at De'Longhi's Multifry, £159.99, which promises to cook everything from risottos and pies to pizzas. The top and bottom heating elements can be operated separately or together to suit the recipe and a removable mixing paddle can be used for even cooking.

Q Is a plug-in grill better than the one on my cooker?

Salmon sizzles fast and chicken stays moist on a plug-in grill. And, after use, the grill plates just need to be wiped or popped in the dishwasher – which is much easier than washing your cooker's grill pan. Cuisinart's Griddle and Grill, £100, has reversible non-stick plates with a flat or ridged surface and it can be used hinged or opened out fully for use as a flat table grill. If you don't want to spend as much and if kitchen space is an issue, the George Foreman Compact 2 Portion Grill 17894, £17, from Argos, is a good bet. Its grill is sloped so that any oil or fat can drain away.



Open out Cuisinart's Griddle and Grill, £100, to use as a flat table grill

Things You Need To Know About Fryers If You're...

Confused

Check the size suits your needs – some fryers hold 1ltr of oil, others can take 4ltr.

Capable

A cool-wall fryer will help prevent accidental burns. For easy cleaning, opt for dishwasher-proof baskets, lids and handles.

Confident

Fryers and grills are getting smarter – choose programmable versions that judge the cooking time for you.

Meet Our Experts



CAROLINE RODRIGUES is a home economist and interiors writer. She's our expert on home appliances.

Appliances



CHRIS PARTRIDGE is a digital expert and writer. He'll answer your questions on anything from computers to mobiles.

Technology



SARAH BEE is a social-media professional who'll respond to your worldwide web-related questions.

Internet

The Tefal OptiGrill, £149.99, beeps when your steak is ready



Q What if I want to cook a steak?

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NEXT WEEK
Food Shopping Online

Suzanne Ahern brings her dramatic 60s serial to a close

The Outsiders

It was Janie's moment of truth. Her baby needed her protection in a world that just wasn't safe – not even if you were the President of America

HOW THE STORY BEGAN

BUD O'LEARY, a Dallas police officer, has been married to **NINA** for 10 years. She loves her job as an Avon lady, but she doesn't love Bud any more. One day, Bud is called to sort out a dispute between **JANIE SORENSON** and her neighbour. She is drunk but that doesn't disguise her beauty in Bud's eyes. She tells him she'd been an air stewardess when

she'd met a dashing pilot, **TED**, fallen pregnant and swiftly married. Now she's stuck at home with their baby, **PATRICK**. Ted is often away – he's training in New York right now, she tells him. Bud counsels her to stop drinking and to take better care of the baby. Later, he sees his wife getting into a car and kissing its driver. He recognises the man because he's just seen photos of him in Janie Sorenson's house.

It's her husband, Ted. Distraught, Bud goes to stay in a motel. A few days later, he's called to another disturbance at Janie's house. He sobers her up and takes care of Patrick. He's beginning to enjoy Janie's company when her Avon lady rings the doorbell. It's Nina. Later, he's on duty as the Kennedys arrive in Dallas. Janie is also watching. And then the shots are fired. **The story now concludes**

Friday, 22 November 1963 – the day that couldn't get any worse. Except it did. At 1pm, President John F Kennedy was pronounced 'moribund' at the Parkland Memorial Hospital. And at 1.15pm, a police officer was gunned down and killed in a city suburb. The only good news was that they caught the slimeball responsible, and he was charged with both murders by midnight. Lee Harvey Oswald. A name they would never forget. Bud sat in his car, his head back against the rest. His eyes closed. The easiest thing to do would be to fall asleep. Right

here, in the station-house parking lot.

He jumped from his skin as someone rapped sharply on the driver's window.

"O'Leary. Your wife's on the phone."

By the time he opened the door, the messenger had gone.

Janie struggled again and again to settle Patrick in his crib, but he wouldn't go down. Every time she released his warm, little body onto the soft mattress, he cried out for her, his thin arms flailing in the air towards her like a tiny sea monster. In the end, it made no sense to keep on trying. It was gone midnight. The city was finally coming to a dazed standstill, but sleep remained impossible. Really, what was the point in forcing Patrick to be alone? Instead, she took him with her to her own room and clambered, still fully clothed, upon the bed. If the truth be

told, she didn't want to leave him. How could she ever be separated from him again? Even by just a hallway. The world wasn't safe. Nowhere, not even a big city with cops wall to wall, was secure. Not even if you were the President of America.

"Bud, is that you?"

He sighed. "Yep."

"Thank God. I've been trying all evening."

"It's been kind of busy, Nina."

"When I heard about that cop getting shot earlier, I thought... well, you know what I thought."

Bud rubbed his left temple. Sitting outside in the car, he hadn't been in pain. But now that Nina's voice filled his head, it felt ready to explode. "I'm guessing it would have made things easier for you if it had been me."

She caught her breath. Surely now she knew he'd rumbled her affair? Or maybe not. Nina could be incredibly obtuse when she put her mind to it. Either way, he was too dog-tired to wait for an answer. "Look, it's been the day from hell for everyone," he said. "I'm just off watch. Why are you calling, Nina?"

"Are you coming home?"

His gut flipped. "Do you want me to?"

"I really need to talk to you."

"It's not the same thing as

wanting me to come home."

She paused. It sounded suspiciously like she was crying, but this was Nina. She never cried. Not even when her mom died. "I don't want you to hate me, Bud. I couldn't stand that."

There she went, twisting his heart. He squeezed the bridge of his nose hard. When all was said and done, she was flesh and blood just like him. Just like the poor President had been 12 hours ago. She'd made her choices in life and would have to live by them. And he was going to have to accept it. Like it or not. Hating her, or not.

"I don't hate you, Nina," he said, his voice far more croaky than he'd hoped. "I just want you to have enough respect for me to tell me the truth about Ted Sorenson."

She started to reply, then stopped. No excuse would cut it. At least she had the courtesy to accept that much. "How long have you known?"

"Not long. Well, not about him, anyway."

"How did you find out?"

"I saw you kissing him in a Buick on Walnut Hill."

"When?"

Bud shook his head. None of this was relevant. It wasn't his infidelity to justify. "Nina, why'd you call?"

"I can't stay married to you."



Illustrations: Stanley Hooper



Never one for pulling punches, his Nina. His mouth filled with bile. Jeez, what a day it had been, although technically it was Saturday already. Losing a president and a wife, both in one day; the cops around him would start to call him careless. He swallowed hard. "Are you leaving me for him?"

"It just doesn't work between us any more, Bud. You know that's true."

"No, don't try to rope me into this. It could've worked, if you'd let it."

"Well, it's not. That's just how it is."

There had been so many times during the past 10 years when it could have come good between them; when they could have taken different turns and made a success of their marriage; when they could have tried harder. Both of them. But they were way past that now. He'd known,

hadn't he, deep down? Nina was a doll who'd married too young and probably regretted almost every moment. And he had to stop acting the fool and turning a blind eye. Bud pulled himself upright and double-gripped the receiver. "Are you going to him?"

"Yes," she said, her composure fully regained. "I'd like you to come and get the rest of your stuff. Tonight, if possible."

She didn't think she'd fallen asleep, but she must have. The shrill ring of the phone beside the bed made her heart race and she pounced on it with a half-numb hand. Patrick lay snoring loudly beside her.

"Janie. It's me."

"What time is it?"

She heard her husband shuffle something. "A half after one. Were you asleep?"

"Jeez, Ted, what d'you think?"

"Yeah, sorry. I should've

called earlier."

Janie rubbed her face. Darned right he should have. Like, a day or two earlier.

"Are you and Patrick alright? You weren't downtown, were you?"

"Yes, we were," Janie said. The memories flooded back.

"Darn it, Janie. Why'd you do something so crazy with our son?"

"I didn't know the President was gonna get shot, did I? I wanted Patrick to be part of history."

"Well, he sure is now."

She shook her head, her eyes filling with tears. Wasn't it bad enough that they'd seen such

a horrible thing? She didn't need his snarky temper right now, too.

"Ted, if you don't have anything kind to say, then just go away. I really don't need

Nina had married Bud too young and probably regretted almost every moment

this. It was awful. You don't know what it was like, you weren't there."

He breathed loudly into the receiver, as though his chin was pushed against it.

Someone else's muffled voice sounded in the background. "Actually, I was there, Janie," he said eventually. "I'm in Dallas. I never left. We need to talk."

The lights were on when Bud pulled into the kerb. But then, to be fair to Nina, practically the entire street looked to be awake despite it being just after 1am.

The city, it seemed, was repenting its heinous act at leisure. He walked quickly to the door. She waited for him, her hands playing idly with the lock.

"I had them changed this morning," she said.

"You didn't waste any time."

She smiled uneasily. "I just didn't want there to be any awkward situations."

Bud snorted. "You mean like me letting myself into my home and finding you here with the gallant pilot himself, Mr Ted Sorenson?"

"You don't have to be so snippy about him, Bud. It's not his fault."

Bud laughed. "Course it's not." He stepped to push past her. Momentarily, she barred his way.

"It's not."

"Then whose fault is it? His wife's? Yours? Mine?"

"It's down to all of us, Bud."

In a way, she was right. With one exception. Janie sure wasn't a part of it. Nina moved back and he entered the hallway.

"I've got a question for you," he said, his face just inches from hers. "Out of all the houses in Dallas, why'd you go knocking on Janie Sorenson's door? Couldn't you leave the poor kid in peace?"

"Couldn't you?"

He shook his head. "I was called there. I was doing my job. But you? Just what were you

playing at, Nina?"

"Just doing my job, too," she said, faking a smile.

He gripped her upper arm, holding it tighter than he'd intended. She winced but didn't pull away. "Well, you've had your fun," he said. "You've checked out the competition. You've stolen her husband. Now back off and leave her and the baby alone."

Nina nodded and shrugged her arm away from him. "It's kind of like you said anyway. She's just a kid. A pretty one, I'll

Continued overleaf

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give her that. But she's got her own mess to deal with." She hesitated. "I pity her."

He stared at her. Had she always been this hard? This cruel? Sure, her toughness was one of her attractive features; her ability to always have an answer, to permanently see an angle. It had kept him on his toes for years. But when had she tipped from being tough to plain mean? Had he been so intent on keeping her happy that he just hadn't noticed? It was a shock to his already bruised system, but here it was staring him right in the face. The Nina he'd married wasn't the one standing in front of him tonight. He'd well and truly taken his eye off the ball.

She walked past him and headed for the bedroom. "I've got most of your stuff out already. There are some bags in here, too. Anything else you want, just let me know and I'll send it on."

Bud began to follow, and then stopped dead in his tracks. A pair of shoes in the hallway, their toes sticking out from beneath the rack, caught his attention. Size 11. Brown brogues. Definitely not his. His stomach knotted. Darn them both. Ted Sorenson was somewhere in his house, just as Nina was chucking him out. There was no way he was going to let this go down the way they planned. No way.



Nina stood in the bedroom, her back to the undrawn drapes. He thought about telling her she could be seen from the outside,

but why bother? She'd made it quite clear she didn't want to be his responsibility any more. The heap of his clothes on the bed told a tale of 10 years of marriage; some of it he'd not seen or worn for almost as long. This was crazy. He'd already taken a few pairs of pants, some denims and a handful of shirts. There was nothing else in this house he wanted. Or needed. Well, nothing that could be

A pair of shoes in the hallway caught his attention and they definitely were not his

squashed into his dusty, old high school sports bag that she'd dragged out from some place. She stood a good eight feet away from him, her back half-turned to him. He'd have time, if he was quick.

"Sorry, Nina," he said, reaching for the lock.

"For what?" She frowned, not understanding.

He raised his eyebrows but didn't speak. His actions were clear. Grabbing the key from the door, he slammed it shut and locked her in the bedroom. It took her a good five seconds to reach the other side of the door, her fists pummeling into the soft wood. But by then, he'd left the hallway and stood in their lounge, his off-duty revolver in his hand. Face to face with Ted Sorenson. The man didn't look quite so handsome now. He was whiter than any sheet Bud had seen recently.

"I... I don't know what to say," Sorenson spluttered.

"Then do us both a favour and don't talk."

Sorenson nodded.

"You've got a liking for my whisky, I see," Bud said, nodding towards the tumbler of liquor the man still held in his hand.

"I'm sorry. I'll put it down." He stumbled towards the table but pulled up short as Bud levelled his firearm.

Bud snorted. "It's a bit late for that, don't you think?"

"I didn't mean anything by it," Sorenson said, holding his hands up.

"Like you didn't mean anything by it when you cheated on your wife? Or when you stole mine?"

It hadn't seemed possible, but the man's face drained even whiter. Did he seriously think Bud was going to shoot him? He'd been a Dallas police officer for 15 years. There was no way in hell he was about to chuck it all away on this no-hoper. He lowered the gun and smiled. Sorenson gulped. Bud stepped

closer to him.

"I'm a reasonable man, Mr Sorenson. You won't know that, of course, because you've not taken the trouble to get to know me. But there's a couple of things you should be aware of." Bud nodded towards the couch and Sorenson slumped quickly into it. "Firstly," Bud said, standing over him, "I really can't stand men who mess women around. And when I say 'really can't stand' them, I mean it. And secondly, I'm on first-name terms with virtually every cop in this city. Both of those points make sense to you?"

Sorenson nodded.

Bud glanced at his watch. "It's kind of late, but you're going to do something for me."

"What?" Sorenson's voice was shaky.

"You're going to be the man you really should have been all along." Bud leant over

and pulled the phone over to Sorenson. "You'll call that lovely wife of yours, check that your baby boy is safe and then you're going to tell her the truth. She's a good woman. She doesn't deserve to be lied to."

Sorenson stayed where he was. "I never loved her."

Bud pulled a face. "I don't need to hear that. And neither does she."

"I only married her because of the baby. It was a mistake."

"She doesn't need to know that either."

Sorenson let out a half laugh. "I'd already met Nina by then."

Bud felt the heat rush through his body. He redoubled his grip on the revolver. "Now, don't go doing that to me. Not when we've been talking to each other so nicely. You really don't want to get me mad." He leant in close to the man's face and spoke softly. "I've had just about as much as I can take today, Mr Sorenson. Not only did I have to stand and watch while our president was assassinated, one of my colleagues was killed on our streets and my beautiful, amazing wife has chosen you over me. I think even you'd admit that I've not had a great day. So," he said, picking up the phone receiver and prodding it into Sorenson's chest, "you're going to show some guts and call Janie and tell her you're leaving. You're not going to be cruel in the process, do you understand? Then you're going to make arrangements for them financially and you're gonna get the hell out of their lives. For good. Got it?"

"What if I don't?" Sorenson's arrogant face stared up at him.

Bud swallowed hard. Jeez, it was harder than he'd thought to keep from pulling his gun properly on this slimeball. "Remember the bit about me knowing every cop in Dallas? That was important."

"Why?"

"Well, let's just say I could do things that would make your eyes water, Mr Sorenson. And get away with them. Oh, and there's another bonus, too." Bud

Continued overleaf

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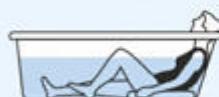
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smiled widely at him, forcing the phone into his hands. "Wherever you go in this city, whatever you say, whichever promise you break to Janie about money and support and the like, we'll all be watching you. Like one big happy family of cops. You want to think on that for a few moments and then make the call?"

Janie watched as he walked slowly up the drive. He looked exhausted. His chin was rough with stubble and his shoulders hunched, as though they carried the weight of the world. She couldn't imagine how bad he felt. Every cop had been run ragged today. Or rather, yesterday. Blinking back tears was hard but the last thing Bud needed was her collapsing on him the moment he arrived.

The night air was cold. She shivered and hugged Patrick closer to her body.

*He was a good man. A kind man.
And Janie was pleased to see him*

He half nodded as he reached them. "Looks like everyone's finally gone to bed," he said, glancing up and down the street.

She nodded. It had taken them long enough. It was nearly 3am. "I've baked a cake. Are you hungry?"

He laughed. "Baking at this time of night?"

"Nothing else to do," she replied, smiling. The tears spilt on to her cheeks.

"Come on," he said, holding out his arms for Patrick. "Let's get inside and eat."

He followed her silently into the kitchen. The house was warm. She was pleased she'd left the heaters on. Shock always made you shiver, she remembered that from after the war when her best friend's daddy died. Bud stood behind her, filling the kettle one-handed. She took a deep breath and let it out.

"Ted called tonight," she said. Bud didn't say anything, but turned to look at her. She

picked up her wedding band from the counter. Since the phone call, she hadn't been able to bring herself to wear it. "He's been having an affair. I was right. He's not coming back."

Bud exhaled loudly. She looked up at him. His eyes were wet. "I'm sorry, Janie," he said.

"Don't be. It's not like it's your fault." She touched his arm. He felt cold too, and close up, she could see his eyes were red-rimmed again. This wasn't the first time he'd cried in the last 24 hours, she was sure of it. He was a good man. A kind man. And she was pleased to see him.

"How d'you feel about it?" Bud asked.

"I don't know," she said, giving a faint smile. "Ask me again in a day or two."

Bud nodded. He stared at her. For a second, she thought he would break down. But then he spoke again. "There's something I need to ask you right now,"

he said, gently passing Patrick back to her.

"What?"

"I need a favour."

"Shoot."

"I need a place to stay. Just for a week or two. Is there any way you could see me having your back room for a bit?"

She smiled straight away. A week ago, she'd not even met Bud O'Leary. Now she couldn't imagine getting through the months ahead without him.

"On one condition," she said, creasing her brow into a fake frown.

He looked anxious. "What?"

"You stop me from baking cakes all the time. Especially in the middle of the night. At this rate, by the time that fence is fixed in the yard, I'll be too large to fit through the back door."

Bud's face broke into a wide grin. "You've got yourself a deal."

"Go fetch your stuff then," she said, gently stroking his arm. "I'll get your room ready."

THE END

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LINKWORD SOLUTION Salad. Title. Hotel. Onion. Towel. Derby. Fried. Model. Craft. Under. **Answer:** Olde worlde.

WORDWISE SOLUTION Fidgeting.

CODEWORD



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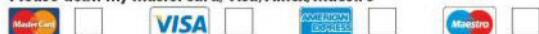
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Your Stars With Russell Grant

Our favourite astrologer reveals your destiny from **24-30 June**



Aries

21 March - 20 April

Be willing to try

something new, even if it means leaving all you find comfortable for a while. Your pioneer spirit is drawn to unfamiliar opportunities. Summon up your courage and change direction. If you've been looking for love, you could find it with a warm-hearted individual.

For more, call 0901 609 2591*



Leo

24 July - 23 August

You could be asked to

take on a leadership role, either socially or professionally. People are confident you can project the right image of warmth, generosity and competency, so they'll happily follow your advice and guidance. You may be soon offered the chance to see more of the world.

For more, call 0901 609 2595*



Sagittarius

23 November - 21 December

Going on an exciting trip

revitalises your enthusiasm for life. When you get there, you may feel a sense of belonging you've never experienced before. You may even think about relocating there. When you set your mind to doing something, usually nothing or no one will stand in your way.

For more, call 0901 609 2599*



Taurus

21 April - 21 May

Have you been longing

to relocate? Now could be the time to go for it. Moving to an area with lots of cultural and historic diversions would be really exciting. Spending time on the people and activities you love makes this a good time to launch a new project.

For more, call 0901 609 2592*



Virgo

24 August - 23 September

Heading off to your own

private hideaway gives you great pleasure. You'll enjoy being able to hear yourself think in serene, scenic surroundings. It's a place you can reassess your life goals, which will become an important priority for you as your aims and ambitions are beginning to change.

For more, call 0901 609 2596*



Capricorn

22 December - 20 January

A passionate

relationship makes you look at your life from a whole different perspective. Instead of pouring all your energy into your career, you should devote more time to your personal life. Communing with nature, reading and meditating will all be good for you at this time.

For more, call 0901 609 2600*



Gemini

22 May - 21 June

Reading, writing and

research always give you a thrill. You've been blessed with a keen intellect. Putting it to work will yield significant rewards. Join a club dedicated to your favourite subject. Discussing different beliefs, values and ideas with those who share your interests will bolster your ego.

For more, call 0901 609 2593*



Libra

24 September - 23 October

Working closely with

a large group will help you reach something that's important for you on many different levels. The satisfaction success brings is matched by a chance to relax any economy drives. You're blessed with a euphoric glow of happiness. Things are looking good.

For more, call 0901 609 2597*



Aquarius

21 January - 19 February

A close friend will help

you to get things off your chest that you've kept bottled up for years. It's such a relief to find a sympathetic ear. After discussing some troubling events from your past, you'll want to share your hopes for the future. This will be a cathartic experience for you.

For more, call 0901 609 2601*



Cancer

22 June - 23 July

Indulging your love of

luxury will give you a buzz. It's nice to have something to show for your hard work. Be philosophical if anyone begrudges you your treat. Your oldest and best friends will be delighted to see things going well for you. These are the people worth knowing.

For more, call 0901 609 2594*



Scorpio

24 October - 22 November

You could soon be

showered with rewards. Rivals have tried to undermine you, questioning your experience and skills. People who you hold in esteem are pleased with your contributions, which makes you feel vindicated. Good things are happening all around you.

For more, call 0901 609 2598*



Pisces

20 February - 20 March

Although you're not

materialistic, you do love beautiful things. Indulge in a few of life's luxuries - you deserve a treat. Take five minutes to listen to a friend's advice and guidance. You might think they don't truly understand you, but when they start talking you'll soon see differently.

For more, call 0901 609 2602*

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Answers for 16 June puzzles are on page 59. The answers to all this week's puzzles will appear in two issues' time

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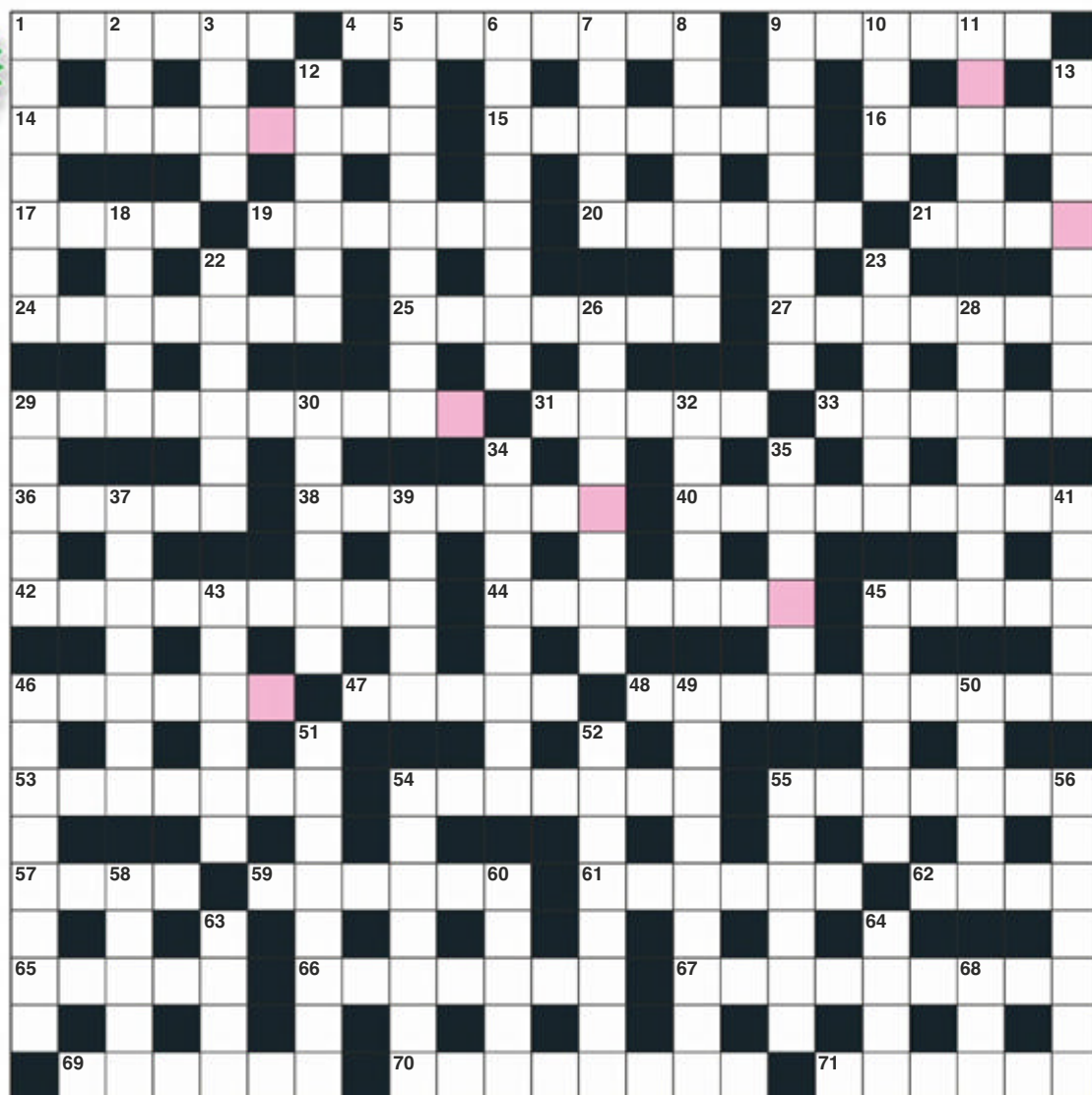
Jumbo Puzzle

JUST FOR FUN!

Simply fill in the crossword (right) and read down the letters in the shaded squares to reveal **a craft (7)**.

Across

- 1 Foolish, imprudent (6)
- 4 Noisy grasshopper-like insects (8)
- 9 Popular music originating in Jamaica (6)
- 14 Good-for-nothings (9)
- 15 Gear lever position (7)
- 16 Become ready to pick (5)
- 17 Ms Blanchett, Australian actress (4)
- 19 Auction participant (6)
- 20 Joined like a chain (6)
- 21 Top of a baby's feeding bottle (4)
- 24 Down in the mouth (7)
- 25 Tell (a story) (7)
- 27 Process of wearing away (7)
- 29 Most rubbery and elastic (10)
- 31 Push roughly (5)
- 33 Child who skips school (6)
- 36 Published slander (5)
- 38 Break, disobey (a law) (7)
- 40 Tidying (up) (9)
- 42 Drafted a script again (9)
- 44 Shine hazily (7)
- 45 Oscar-winning *Skyfall* singer (5)
- 46 Too thin (6)
- 47 Be at ease (5)
- 48 Annoyed, irritated (10)
- 53 Make blonder (7)
- 54 Ball-gown fabric (7)
- 55 Hugh ____, *Wolverine* actor (7)
- 57 Starkers (4)
- 59 Film theatre (6)
- 61 Edith ____, author of *The Railway Children* (6)
- 62 ____ of Arc, famous martyr (4)
- 65 Arm joint (5)
- 66 Utterly disorganised (7)
- 67 Exceed (a target) (9)
- 69 Part of a wicket (6)
- 70 English painter and sculptor of animal subjects (8)
- 71 Strapped for cash (4,2)



Down

- 1 Loosens (shoes) (7)
- 2 Direction (3)
- 3 Cries noisily (4)
- 5 Householders (9)
- 6 On the ____, quite the opposite (8)
- 7 Evenly balanced (5)
- 8 Unusual (7)
- 9 Alleviated (8)
- 10 Involving bloodshed (4)
- 11 Granny Smith or Golden Delicious, for example (5)
- 12 Hidden in the ground (6)
- 13 Natural inclination (8)
- 18 Swollen plant root (5)
- 22 Underground passage (6)
- 23 Vulgar and lacking

- refinement of character (6)
- 26 Good at sport (8)
- 28 Picture to yourself (7)
- 29 Concerning the sun (5)
- 30 Ask politely to come (6)
- 32 Poison of snakes (5)
- 34 Character in *The Merry Wives Of Windsor* (8)
- 35 Lighter coloured (hair) (6)
- 37 Delivering overarm (7)
- 39 Small weight (5)
- 41 Gluttony (5)
- 43 Put a match to (6)
- 45 Useful suggestions, tips (6)
- 46 Gun muffler (8)
- 49 Prime minister under Queen Victoria (9)

- 50 Musical term for speed and rhythm (5)
- 51 Broken, shattered (2,6)
- 52 Performs (a past event) again (2-6)
- 54 London thoroughfare leading to Buckingham Palace (3,4)
- 55 Imprisoned (6)
- 56 Never-ending (3-4)
- 58 Take from your bank account (5)
- 60 ____ Towers, Staffordshire theme park (5)
- 63 Move in the water (4)
- 64 Largest continent (4)
- 68 The type of number that is not divisible by two (3)

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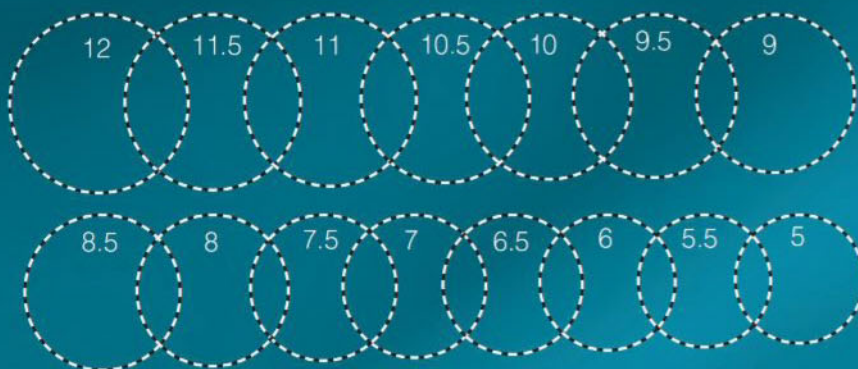
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A Bit Of A Bombshell

While sorting through the donations at the charity shop, Rosemary hears some intriguing news

Some people have a knack for breaking important news in an off-hand manner. I picture Mr and Mrs Neil Armstrong doing the dishes. She's washing, he's wiping. 'Oh,' he says, as if he's just remembered something. 'I can't come to your mother's next week. I've got a business trip.'

'Really?' says Mrs Armstrong, passing him a dessertspoon. 'Where are you going?'

'The Moon,' he replies.

'Oh,' she says. 'That's nice. I'll pack you an extra vest.'

At our charity shop, the expert in this particular field is Wendy. It is late afternoon on a rather quiet day, and we are sorting clothes together. We have a bag each, and it's all getting a bit competitive.

'I've got a rather fancy silk dressing gown,' says Wendy. 'Look, isn't that a lovely maroon? Perfect condition. What have you got?'

'One pair of pyjama bottoms – torn at the knee.'

'That's quite a fashionable look these days, isn't it?' says Wendy.

'Not in pyjamas it's not.'

Wendy, who has managed to get hold of a bag that is Fortnum & Mason to my Lidl, then produces a gleaming white men's dress shirt.

'You're just taunting me now,' I complain. 'I suppose it'll be a top hat next.'

'Ah!' says Wendy. 'That reminds me – I'm thinking of getting married.'

'That's nice,' I should have said. 'I'll pack you an extra vest.' Instead I sat down heavily and went so far as to remove my Marigolds. (Only a fool sorts other people's old socks and undies without the protection of Marigold gloves.)

This was news all right. It was like the Archbishop of Canterbury revealing that he's been having doubts. It was like one of the big union leaders admitting at election time that they're quite tempted by the Liberal Democrats. It was like, well, seeing Jeremy Clarkson on a penny-farthing.

Most historians agree that Wendy has been married before, but the archive material is patchy and she rarely talks about it. Since then, the occasional chap has moved into her farmhouse, but they never seem to last more than about two years.

This has always suited Wendy, who should

probably be Grade II listed as one of the few remaining examples of the free-spirited British hippy (kaftan included). She and the Man of the Moment usually have a fine old time together, and when they stop having a fine old time the Man of the Moment moves out, and she moves on to the next Moment.

Wendy is now in her mid-sixties. What has suddenly changed?

While the last four paragraphs were all swirling about in my head, the best I could actually manage to produce from my mouth was: 'Gosh!'

'Is that all you can say?' says Wendy, pulling a bright green pashmina from her bag with great flourish. 'Aren't you going to ask me who I might be marrying?'

By now I'd pulled myself together (no easy task for someone of my shape) and spotted the significance of the words 'thinking' and 'might'.

'Might be marrying? You don't seem very sure. Tell all. For a start, who's the lucky chap?'

Here is the story. About a year ago, someone bought the small farm next to Wendy's place. To give you some idea of the

Most historians agree that Wendy has been married before

kind of person we're dealing with here, he was 'downsizing' to a mere 30 acres.

Anyway, soon after he moved in, he went to see Wendy to complain about a fence that needed repair. She was making lunch at the time, invited him to stay, and that was pretty much that. Not only did he appear for many more meals, but he repaired his own fence.

Here is what I now know about him:

1 He's called Iain.

2 He wears red trousers, and a tweedy green jacket. All the time. If somebody is thinking of marketing tweedy pyjamas with red bottoms, Iain would be a ready market.

3 He used to be a lawyer, who specialised in the legal problems of very rich people. This seems to have done his bank balance remarkably little harm.

4 He's in his seventies, but only in the same way that Ranulph Fiennes is in his seventies.



5 His idea of The Perfect Woman appears to be a retired hippy in her mid-sixties.

6 Which, you'd have to say, seems quite odd for a grown-up lawyer.

7 However, it's undoubtedly pretty good news for Wendy.

'You've kept this pretty quiet,' I say.

'There's not been much to tell really,' she replies. 'He pops down the track to my place. And then I go to his place. And then a couple of weeks ago he asked me, if we're going to behave like an old married couple, wouldn't it make sense to be an old married couple?'

'Charming!' I say in a rather knowing way that I inherited from my mother.

'Yes,' says Wendy, going soft focus. 'Isn't it?'

The big attraction, as far as I can see, is that Iain is close, but not too close. They'll see a lot of each other, but he'll still have his own house. So for Wendy it will have all the excitement of an affair, with all the emotional security of a marriage.

'It sounds just right for you,' I say, slipping back into my Marigolds now I'd got over the shock. 'I can't understand why you just don't go ahead and marry him. And, by the way, I hope you're going to invite me. I like a nice wedding.'

'Well,' said Wendy. 'You see, there's just one small difficulty.'

'Yes?'

'Before I marry Iain... I suppose I'll finally have to get a divorce.'

Rosie



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£3.60 each
380g



Bourbon boneless beef ribs
£3.60 each
450g

GET MORE SUMMER FROM YOUR SUMMER

Selected stores. Available while stocks last. Offer available from 9am on Wednesday 24th June 2015. The Butcher's Selection at Asda: Classic BBQ Pulled Chicken Crown 505g (£7.13 per kg), Chinese Pulled Pork 380g (£9.47 per kg), Bourbon Boneless Beef Ribs 450g (£8 per kg). Photography shows serving suggestion.